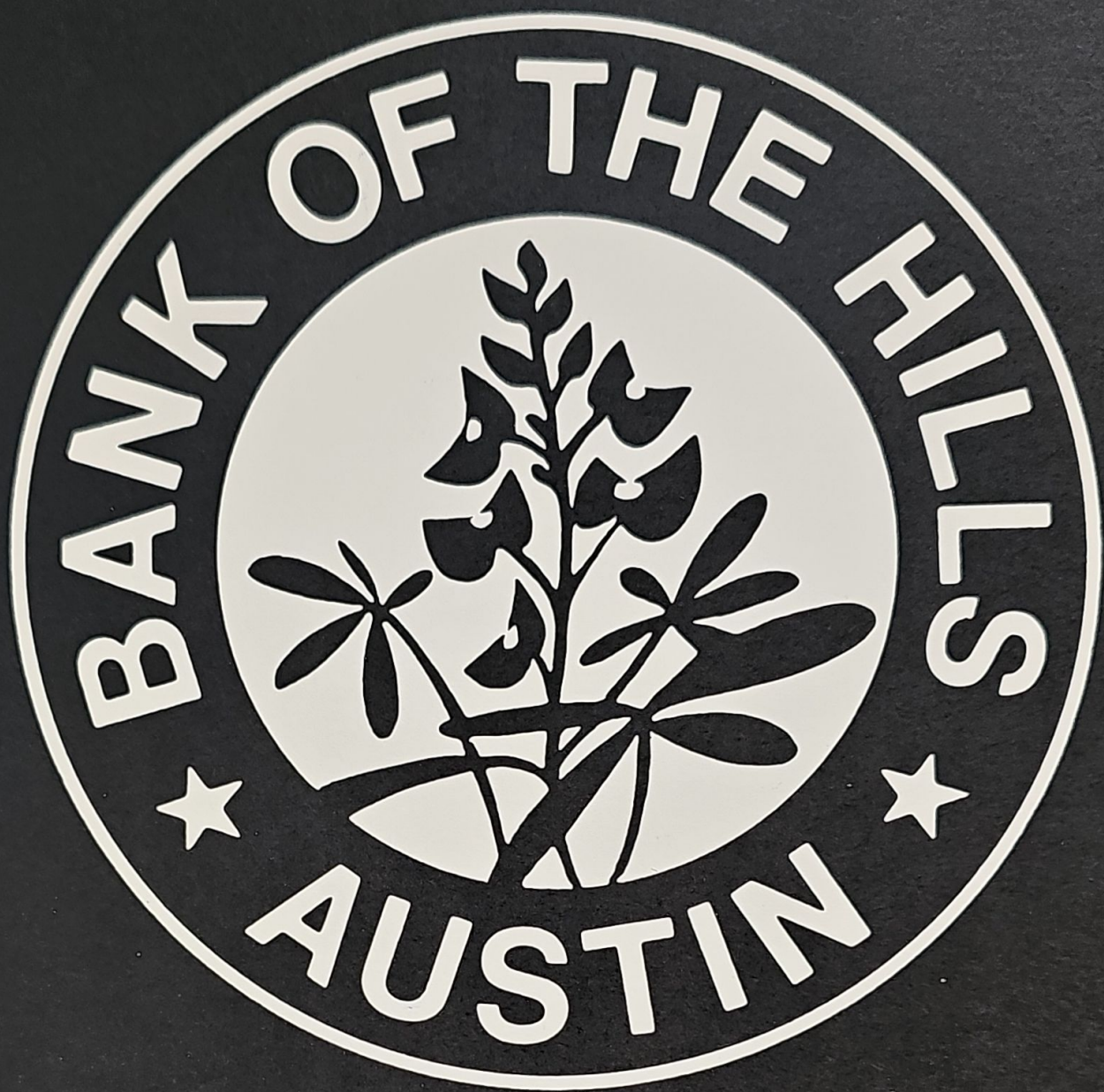


Belles' Best Recipes



Anderson High School



*All Banks are Created Equal
People Make the Difference*

13809 Research

Member F.D.I.C.

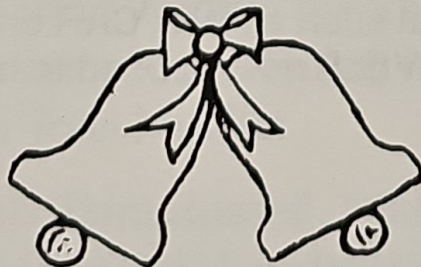
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TROJAN BELLE STEW

- 400 Barrels of Sweat
- 2 Gallons of Enthusiasm
- 1 Large bunch of Endurance
- 1 Dash of Humility
- 30 Pounds of Pride

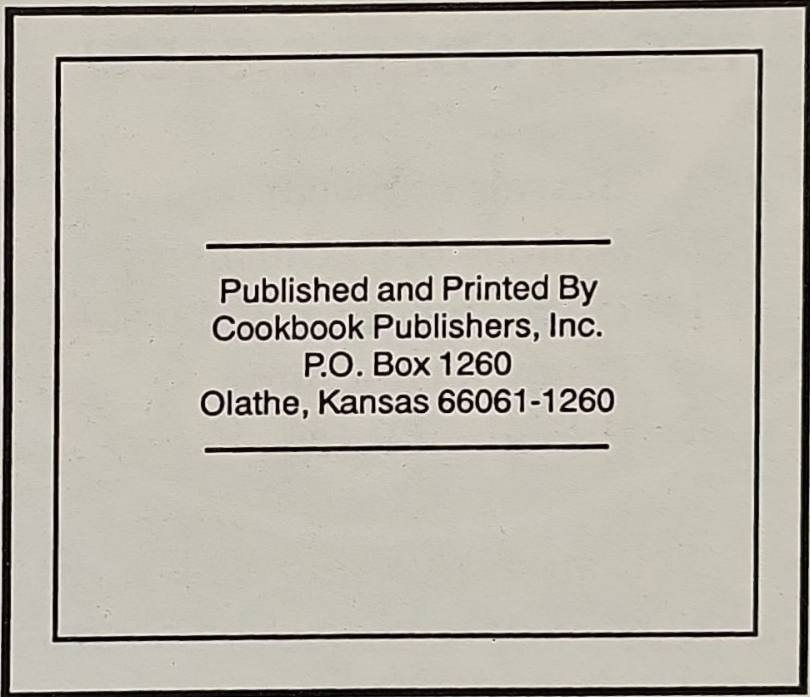
Mix all of the above very slowly, stir in some secrets shared and kept, mix in a bit of cheering up, toss in a small "Forgive me, please," warm slowly and carefully through the years, and you have the Anderson Trojan Belles!!!



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Thank You . . .

T 375

On behalf of the 1987-88 Anderson Trojan Belle Drill Team, we would like to express our thanks to the Belle Moms and Dads, family, friends, teachers, and merchants for the support that they have given us to make our trip to England a reality and not just a dream.



1987-88 ANDERSON HIGH SCHOOL TROJAN BELLE OFFICERS AND SERGEANTS

Top Row: Officers Lynanne Walker, Laura Prickett, Stephanie Stowers, Director Marla Hiller, Lise Standerfer, Julie Wells, and Captain Traci Mueller

Bottom Row: Sergeants Tami Russell, Nikki Butts, Traci Fulford, Christa Henry, and Jodie Perryman.
Not pictured: Debbie Joy

1987-88 ANDERSON HIGH SCHOOL TROJAN BELLES

Director: Marla Hiller

Erica Alston

Donna Angelocci

Katrina Beaupre

Michelle Beaupre

Bridget Brady

Teresa Brady

Nikki Butts

Laura Counts

Tammy DeWitt

Traci Fulford

Aimee Fullilove

Christina Hall

Dawn Hall

Mindy Harris

Jennifer Hart

Heather Hartman

Christa Henry

Heather Hudson

Michelle Hull

Jana Jones

Debbie Joy

Adrienne Keiluhn

Kim Kimball

Vicki Magnuson

Melanie Mathis

Tracy McCormick

Missy Moore

Tiffany Morris

Traci Mueller

Tiffany Pedro

Jodie Perryman

Laura Prickett

Ronda Randle

Shannon Robertson

Tami Russell

Carolyn Singleton

Lisé Standerfer

Stacy Steffens

Stephanie Stowers

Laura VanDelinder

Lynanne Walker

Julie Wells

Jennie Whitfield

Jennifer Wilson

Managers: Monica Martinez

Allyson Therrell

Cover: Compliments of Jill Anderson
(1982-1985 Belle)

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FAVORITE RECIPES

FROM MY COOKBOOK

[illegible]

Appetizers, Pickles, Relishes



A HANDY SPICE AND HERB GUIDE

ALLSPICE—a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL—the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES—the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY—the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER—a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL—the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE—the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM—an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)—is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO—a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA—a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY—the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY—an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE—the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME—the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC—a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS, PICKLES, RELISHES

CHEESE SPREAD

- | | |
|---|-----------------------------------|
| ½ c. cottage cheese | 1 Tbsp. parsley |
| ½ c. shredded Cheddar cheese | Salt and pepper to taste |
| 2 hard-boiled eggs | Celery salt to taste |
| Approx. 2 Tbsp. chopped stuffed olives | Small amount of mayonnaise |

Mix all ingredients together and serve on bread and crackers.

Judy Russell (Tami Russell)

CHEESE CRAB SPREAD

- | | |
|--|---|
| 1 (6 oz.) roll Kraft garlic cheese | 3 or 4 oz. can sliced mushrooms, drained |
| 3 Tbsp. butter | 1 to 3 green onions, chopped |
| 6 oz. canned crabmeat, drained and flaked | |

Soften cheese and butter at room temperature. Mix well. Add remaining ingredients and mix well. Spread on Triscuit crackers and place under broiler until cheese melts. Makes 40.

This mixture can also be spooned into prepared pastry shells, miniatures and broiled or microwaved.

Linda Voelzel (Jana Jones)

CRABMEAT SPREAD

- | | |
|-------------------------------------|---------------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 Tbsp. lemon juice |
| 2 Tbsp. Worcestershire sauce | 1 can minced crabmeat, drained |
| 1 Tbsp. onion, grated | ½ bottle chili sauce |
| Garlic salt | Dried parsley |
| 2 Tbsp. mayonnaise | |

Mix cheese, Worcestershire sauce, onion, garlic salt, lemon juice, and mayonnaise together and spread in shallow dish. Cover with a layer of chili sauce. Spread crabmeat on top. Sprinkle with parsley and cover with plastic wrap. Refrigerate several hours or overnight. Serve with crackers.

Suggestion: Decorate all around the outside edge of the plate with fresh parsley.

Joy Robertson (Shannon Robertson)

ARTICHOKE SPREAD

- | | |
|-----------------------------|---|
| 1 c. mayonnaise | 1 can artichoke hearts (packed in water) |
| 1 c. Parmesan cheese | |

Drain, chop and combine with other ingredients. Bake at 350° until bubbly. Serve with Triscuits or other cracker of your choice.

Jan Petter (Traci Fulford's mother)

MARINATED ARTICHOKE HEARTS

Cook a box of frozen artichoke hearts. Marinate overnight (at least) in a good Italian dressing.

Emma Lee Henry (Christa Henry)

STUFFED MUSHROOMS - ITALIAN STYLE

16 large fresh mushrooms
6 oz. sweet Italian sausage
1 clove garlic

3 Tbsp. olive oil
2 Tbsp. minced parsley
1/4 c. grated Parmesan cheese

Wash mushrooms; remove stems and chop stems fine. Remove casing from sausage and put meat in skillet with chopped stems, the garlic and 1 tablespoon oil. Cook, breaking up meat with a fork until lightly browned. Add 1 tablespoon oil, the parsley and cheese. Fill mushroom cavities with the mixture, rounding the tops. Put in a shallow baking pan. Put remaining oil and 1/4 cup water in bottom of pan. Bake in a 350° oven for 20 minutes.

Diann Angelocci (Donna Angelocci)

STUFFED MUSHROOMS

About 50 large mushrooms
1 Tbsp. mayonnaise
1 env. Good Seasons cheese-garlic
salad dressing mix

8 oz. cream cheese, softened

Clean mushrooms with a brush (no water). Pull out stems. Fill with preceding mixture. Place on paper towels on baking sheet. Bake at 300° for about 15 minutes. Place under broiler for a couple of minutes. *Watch paper towels!*

Sally Vandervort (Julie Wells' friend)

BAKED STUFFED MUSHROOMS

24 large mushrooms
1/2 c. butter
1/4 c. chopped onion
1/2 c. fresh bread crumbs

1/2 c. chopped parsley
1/2 tsp. garlic salt
1/4 tsp. pepper
Lemon juice

Preheat oven to 350°. Grease a baking sheet. Wash mushrooms; remove and reserve stems. Put caps, stem side up, on baking sheet; sprinkle with lemon juice and set aside. Chop stems fine. Melt butter in skillet; saute chopped stems and chopped onion for 5 minutes. Remove from heat; stir in 1/2 cup of the crumbs and remaining ingredients and mix well. Fill mushroom caps with mixture. Bake in oven for 15 minutes or until browned.

Serving these at parties have always been popular and never enough!

Jeannie Hall (Christina Hall)

FRIED CHEESE MELTAWAYS

Vegetable oil
1 c. Bisquick
½ c. milk
1 egg

**1 lb. Monterey Jack, Cheddar,
American, Swiss or Mozzarella
cheese, cut into ¾ inch cubes**

Heat oil (2 inches) in deep-fat fryer or saucepan to 375°. Beat Bisquick, milk and egg with hand mixer until smooth. Coat cheese cubes lightly with Bisquick. Insert a round wooden pick in each cheese cube. Dip into batter, covering cheese completely. Fry several cubes at a time, turning carefully, until golden brown, 1 to 2 minutes. Drain on paper towel. Makes about 45.

Diane Snyder (friend of Shannon Robertson)

MEXICAN ROLL-UPS

8 oz. cream cheese
16 oz. sour cream
**¼ c. green onions, chopped
(optional)**

Pinch of garlic salt
Salt and pepper to taste
12 flour tortillas
Picante sauce

Mix first 5 ingredients together and spread on soft flour tortillas. Roll up in jelly roll fashion. Cut in 1 inch pieces and secure with toothpick so they don't unroll. Serve with your favorite picante sauce.

Sooooo easy, just sit back and reel in the compliments!

Diane Snyder (friend of Shannon Robertson)

MARINATED CHICKEN WINGS

2 pkg. chicken wings
1 c. soy sauce
½ c. brown sugar

Garlic to taste
Dash of ginger
Juice of 2 lemons

Mix all ingredients together, except chicken wings. Wash chicken wings and cut in halves. Place wings in pan and cover with marinade. Refrigerate overnight. Place in shallow baking pans and bake at 275° to 325° for 1½ hours.

These can be served as an appetizer or as a main dish. These are fantastic! I usually double the recipe and we serve them for dinner with a salad and rolls. The meat just falls off the bone.

Rosemary Standerfer (Lise' Standerfer)

MINI-BLINI

**1 loaf sq. Pepperidge Farm
sandwich bread**
2 large cream cheese

2 egg yolks
½ c. sugar

Cream cheese, yolks and sugar together. Remove crust from bread and roll bread thin with rolling pin. Spread cheese mixture on bread and roll up tight, jelly roll fashion. In pie pan, melt ¾ cup butter. Dip roll-up in butter and roll in 1 cup cinnamon and sugar. Place on cookie sheet and freeze. When frozen, put in plastic bag.

To use: Defrost ½ hour and cut in half. Bake for 15 minutes at 350°.

Diann Angelocci (Donna Angelocci)

PARTY RYE PIZZA APPETIZERS

1 lb. hot sausage
1 Tbsp. catsup
½ tsp. garlic salt

1 lb. Velveeta cheese
1 Tbsp. Worcestershire sauce
1 tsp. oregano

Melt cheese; add other ingredients. Fry sausage and drain off fat before adding to cheese mixture. Spread mixture on slices of small party rye and bake at 375° for 10 minutes or until cheese bubbles. Will keep in refrigerator for a week or more; also mixture can be frozen. Slices may also be microwaved 5 to 6 minutes or until cheese bubbles.

Grandma Esther Jacob (Kim Kimball)

SMOKED TURKEY CHEESE BALL

1 c. finely ground smoked turkey
1 (8 oz.) cream cheese
3 Tbsp. mayonnaise

½ - ¾ c. chopped pecans
2 Tbsp. chopped parsley

Combine first 3 ingredients well. Chill for several hours. Shape into 1 or 2 balls. Roll in pecans and parsley. Wrap well; freeze or refrigerate.

Pretty molded into the shape of a Christmas tree or heart.

Carolyn Therrell (Allyson Therrell)

MEAT QUESO

1 lb. lean ground beef
1 lb. mild country sausage
1 can cream of mushroom soup

1 (10 oz.) can Ro-Tel with chiles
2 lb. Velveeta cheese

Brown ground meat and sausage; drain well. Stir together soup, Ro-Tel and meat. Over low heat, melt cheese and add meat mixture. Keep warm in a crock pot or chafing dish and serve with tortilla chips.

Lynn VanDelinder (Laura VanDelinder)

MINI BLINTZES

2 lb. white bread
1 lb. cream cheese, at room temperature
½ c. sugar

½ lb. butter or margarine
2 egg yolks
Cinnamon
Sugar

Cut crusts off bread; roll thin with rolling pin. Cream sugar, egg yolks and cream cheese until smooth. Spread mixture on rolled out white bread. Fold bread into thirds. Dip each one into melted butter. Top with cinnamon and sugar. Wrap in foil and freeze.

When ready to bake, cut into thirds while still frozen. Bake at 350° for 15 minutes or until browned. Serve with sour cream. *Great!!*

Rosemary Standerfer (Lise' Standerfer)

OYSTER CRACKERS

1 box oyster crackers
2 tsp. lemon pepper seasoning

1 pkg. dry Ranch dressing
1 c. corn oil

Mix all the preceding in a large Ziploc bag and turn lightly every so often. Serve as a snack cracker.

Lynn VanDelinder (Laura VanDelinder)

CHEESE AND JELLY RING

1 lb. grated sharp Cheddar cheese
1 c. chopped nuts
1 c. mayonnaise

Small onion, grated
Pepper
Dash of cayenne

Mix together and put in greased ring mold. Refrigerate overnight. Unmold and fill center with strawberry preserves.

Jan Petter (Traci Fulford's mother)

PIZZA ROLLS

1 lb. ground chuck
1 lb. "hot" pork sausage
1 lb. Velveeta cheese
1 tsp. oregano

1/2 tsp. garlic powder
1/2 tsp. Worcestershire sauce
1 1/2 loaves Pepperidge Farm party
rye bread (I use 2 full loaves)

Brown both meats and drain well. Add cheese while meat is hot and stir until melted. Add seasonings and mix well. While still warm, spread on party rye bread. Place on cookie sheets; cover with foil and freeze. Just before serving, heat frozen rolls under broiler for 3 to 5 minutes. Makes approximately 50 hors d'oeuvres.

Rosemary Standerfer (Lise' Standerfer)

PUMPERNICKEL SNACK

2 (3 oz.) corned beef
2 Tbsp. chopped parsley
2 Tbsp. minced onion
2 tsp. dill weed

2 tsp. Beau Monde seasoning
1 1/3 c. mayonnaise
2 c. sour cream
2 loaves uncut pumpernickel bread

Mix all ingredients together, except bread. Cut 1 loaf of bread out in the middle and inside to resemble a bowl. Pour corned beef mixture into loaf; cover with Saran Wrap and refrigerate for 4 to 6 hours. Cut other bread loaf into cubes. (I serve this with the cubes in a basket next to the "bread bowl". You can either dip the bread cubes into the mixture or put a spoon into the bowl for persons to pour dip over the cubes.)

Rosemary Standerfer (Lise' Standerfer)

CHEDDAR CHEESE COOKIES

1 stick margarine
4 oz. sharp Cheddar cheese, grated
1/2 tsp. salt
1/4 tsp. red pepper

1 c. flour
1 c. Rice Krispies
4 doz. pecan halves (if desired)

Preheat oven to 350°. Cream margarine and cheese; add salt, red pepper and flour and mix well. Add Rice Krispies and mix with hands. Roll into small balls and place about 2 inches apart on cookie sheet. Flatten with fork dampened in water. If desired, place a pecan half on each cookie. Bake until browned, about 15 minutes. Makes about 48 cookies. May be frozen.

Elizabeth McCormick (Tracy McCormick)

JALAPENO PIE

**1 can jalapeno peppers (mild),
skinned and seeded**

**1 lb. grated Cheddar cheese
6 eggs, slightly beaten**

Arrange the sliced peppers on the bottom of a greased 9x13 inch Pyrex pan. Cover with cheese; pour eggs over top. Bake at 275° for 40 minutes or until set. Cut into squares and serve.

Cora Hartman (Heather Hartman)

SAUSAGE CHEESE BALLS

**1 lb. Cheddar cheese, grated
1 lb. pork sausage (bulk)**

3 c. biscuit mix

Mix together and roll into small balls. Bake at 375° for 20 minutes. Makes 5 to 6 dozen. Can be frozen.

Elizabeth McCormick (Tracy McCormick)

CHEESE PUFFS

**2 c. grated cheese
2 c. flour
2 sticks oleo**

**2 c. Rice Krispies
1 tsp. salt
1 tsp. cayenne pepper**

Mix together and roll into small balls (1½ inches). Bake at 350° until browned.

Ann Busby (Mindy Harris' friend)

CHERRY PEPPER APPETIZERS

**1 jar cherry peppers
¼ c. green peppers, finely chopped
1 tsp. Season-All
1 (8 oz.) pkg. cream cheese**

**½ c. onion, finely chopped
¼ tsp. white pepper
¼ tsp. black pepper**

Core and drain cherry peppers. Mix remaining ingredients and refrigerate for several hours. Stuff cherry peppers and return to refrigerator until just prior to serving. Slice peppers and serve on crackers. Filling may be made a day or two in advance and refrigerated. Serves 12.

Emma Lee Henry (Christa Henry)

BAMBINI

1 c. Ricotta cheese
½ c. coarsely grated Mozzarella cheese
¼ c. freshly grated Parmesan cheese

1 (10 oz.) pkg. large flaky refrigerator biscuits
20 very thin slices pepperoni

Combine Ricotta, Mozzarella and Parmesan cheeses in a small bowl and mix. Halve each biscuit horizontally, forming 20 thin biscuits. If kitchen is hot, refrigerate half the dough while filling the remainder. Gently shape 1 piece of dough into an oval about 2½ x 4 inches. Place a slice of pepperoni slightly off center on dough. Top with about 1 level tablespoon of cheese mixture; moisten edges. Fold dough over to enclose filling, pinching edges carefully to seal. Transfer to a lightly greased baking sheet and repeat with the remaining dough, pepperoni and filling. Bake in a moderate oven, 350°, for 20 minutes. Serve warm.

Note: I serve these with a warm dish of spaghetti sauce for dipping.

Lynn Hunt (friend of Shannon Robertson)

LOBSTER MOLD

2 cans lobster or 2 pkg. frozen crab
¼ c. cold water
1 c. mayonnaise
1 Tbsp. Worcestershire sauce
2 Tbsp. finely chopped celery
1 pkg. Knox gelatine

1 can condensed tomato soup
2 large pkg. cream cheese, softened
1 Tbsp. onion juice
Juice of ½ lemon

Bring tomato soup to a boil. Dissolve gelatine in water and add hot soup. Allow to thicken slightly. Mix mayonnaise and cheese. Add rest of ingredients to mayonnaise and cheese. Add to tomato soup. Pour into mold and refrigerate until firm. Serve with Ritz crackers.

Emma Lee Henry (Christa Henry)

SPINACH BALLS

2 (10 oz.) pkg. frozen, chopped spinach
3 c. seasoned stuffing mix
1 large onion, finely chopped
6 eggs, well beaten

¾ c. melted butter or margarine
½ c. grated Parmesan cheese
1 tsp. pepper
1½ tsp. garlic salt
½ tsp. thyme

Cook spinach; drain well. Combine remaining ingredients, mixing well. Shape into ¾ inch balls. Bake on lightly greased cookie sheet for 15 to 20 minutes at 325° or freeze before cooking. Place on cookie sheet in freezer until firm, then store in plastic bags. Before cooking, thaw slightly and bake for 20 to 25 minutes. Turn halfway through. Serves a bunch.

Cindy Eason (Nikki Butts' mother)

DEVILED PECANS

4 Tbsp. butter or margarine
2 Tbsp. Worcestershire sauce
2 c. pecan halves

Dash of salt
Dash of cayenne pepper

Place butter in a large iron skillet. Add Worcestershire sauce and blend while butter melts. Add pecans, salt and cayenne. Stir and toss until nuts are coated. Roast in a 350° oven for 20 minutes, stirring occasionally. Drain on a brown paper sack and sprinkle generously with salt. (Double the recipe to make it worthwhile.)

Sam Eason (Nikki Butts' grandfather)

PINEAPPLE CHEESE BALL

2 (8 oz.) pkg. cream cheese,
softened
2 Tbsp. finely chopped onion
¼ c. drained crushed pineapple
2 c. chopped pecans, divided

2 Tbsp. finely chopped green
pepper
2 tsp. seasoned salt
Fresh fruit

Beat cream cheese until smooth; add green pepper, onion, pineapple, seasoned salt, and 1 cup pecans. Mix well. Shape into ball; roll in remaining pecans. Chill 1 to 2 hours. Garnish with fresh fruit and serve with assorted crackers. Makes 1 ball.

Lynn Morris (Tiffany Morris)

HOLIDAY CHEESE BALL

4 c. shredded Cheddar cheese
4 (3 oz.) pkg. cream cheese,
softened
½ c. chopped pimento stuffed
olives
⅛ tsp. celery salt
½ tsp. Worcestershire sauce

3 Tbsp. mayonnaise
2 Tbsp. minced onion
Dash of garlic salt
Chopped fresh parsley
Sliced pimento olives
Chopped pecans

Combine first 8 ingredients in large bowl; mix well with hands and shape into a ball. Garnish with parsley, olives and pecans.

Tommy Fullilove (Aimee Fullilove)

CHEESE BALL

2 (8 oz.) pkg. cream cheese
¼ c. chopped pimentos
1 small can crushed pineapple

½ c. chopped pecans
1 Tbsp. minced onion

Mix ingredients, except pecans. Roll in a ball and cover with pecans. Let stand overnight.

Tommy Fullilove (Aimee Fullilove)

CHEESE BALL

8 oz. sharp Cheddar cheese, grated
2 (8 oz.) pkg. cream cheese
2 tsp. Worcestershire sauce
1 tsp. lemon juice
2 finely chopped green onions

1 stalk celery, finely chopped
1/4 bell pepper, finely chopped
Dash of salt
Dash of red pepper

Mix; roll in crushed pecans.

Diane Randle (Ronda Randle)

BURGUNDY MEAT BALLS

1 lb. ground beef
1/3 lb. ground hot sausage
1/3 c. Gallo hearty burgundy
1 tsp. seasoned salt

1/2 tsp. pepper
1/2 pkg. Wyler's onion soup mix or 1/4
c. grated onions

Mix all ingredients together and form into bite-size balls. Brown meat balls.
Yields about 50 meat balls.

Sauce:

4 Tbsp. butter or margarine
4 Tbsp. soy sauce

4 Tbsp. chopped chives (dried)
6 Tbsp. wine

Heat together. Pour over meat balls in chafing dish. Serve with toothpicks.

Kathy Wells (Julie Wells)

DIP FOR FRESH FRUIT AND COOKIES

Dip:

1 (8 oz.) pkg. cream cheese

1 (7 oz.) jar marshmallow creme

Beat cream cheese; add marshmallow creme. Mix and chill. Delicious served with whole, fresh strawberries and the following tiny cookies.

Cookies:

1 c. Bisquick
1 pkg. instant vanilla pudding
1/4 c. oil

1 egg
Sugar

Mix Bisquick, pudding, oil, and egg together. Make into tiny balls the size of a large marble. Place on cookie sheet and flatten with a glass that has been sugared on the bottom for each cookie. Bake at 350° for about 8 minutes. Makes 60 cookies.

Lillian Mueller (Traci Mueller)

CHILI RELLENOS DIP

2 large tomatoes or 1 can tomatoes
(fresh are better)
3 to 4 onions, chopped
1 small can black olives, chopped
1 small can green chilies, chopped

3 Tbsp. olive oil
1½ Tbsp. vinegar
1 tsp. garlic salt
Salt and pepper to taste

Mix together all ingredients. Chill well. Serve with taco chips or Doritos.

Joy Robertson (Shannon Robertson)

TEX-MEX DIP

3 medium size ripe avocados
2 Tbsp. lemon juice
½ tsp. salt
¼ tsp. pepper
1 c. dairy sour cream (8 oz.)
½ c. mayonnaise or salad dressing
1 (¼ - 1½ oz.) pkg. taco seasoning
mix
2 (10½ oz.) cans plain or jalapeno
flavored bean dip

1 large bunch green onions with
tops, chopped (1 c.)
3 medium size tomatoes, cored,
halved, seeded, and coarsely
chopped (2 c.)
2 (3½ oz.) cans pitted ripe olives,
drained and coarsely chopped
1 (8 oz.) pkg. Cheddar cheese,
shredded
Tortilla chips

1. Peel, pit and mash avocados in a medium size bowl with lemon juice, salt and pepper. Combine sour cream, mayonnaise and taco seasoning mix in bowl.

2. To assemble: Spread bean dip on a large shallow serving platter; top with seasoned avocado mixture. Layer with sour cream-taco mixture. Sprinkle with chopped onions, tomatoes and olives; cover with shredded cheese. Serve chilled or at room temperature with tortilla chips.

Elizabeth McCormick (Tracy McCormick)

HOT BROCCOLI DIP

½ c. chopped onion
½ c. chopped celery
½ c. chopped mushrooms
3 Tbsp. butter
1 pkg. frozen chopped broccoli,
cooked and drained

1 can condensed mushroom soup
1 (6 oz.) pkg. garlic cheese, diced
1 Tbsp. lemon juice

Saute onion, celery and mushrooms in butter until tender. Add to drained broccoli. Mix in mushroom soup and the cheese; cook over a low heat until cheese melts and is well blended. Add lemon juice to retain color. Makes about 1 quart.

Elizabeth McCormick (Tracy McCormick)

GALA PECAN DIP

1 (8 oz.) pkg. cream cheese,
softened with 2 Tbsp. milk
¼ c. finely chopped green pepper
2 Tbsp. finely chopped onion

1 (2½ oz.) pkg. chipped beef,
shredded (use scissors)
½ c. sour cream

Fold sour cream into other ingredients. Put in small casserole. Saute 1/2 cup finely chopped pecans in 2 tablespoons of butter and salt. Put on top of preceding mix. Bake at 350° for 20 minutes. Serve with Chicken in a Biskit crackers.

Janet M. Young (Jennifer Hart's friend)

CRAB DIP

1 can crabmeat
1 can shrimp
1 stick oleo
1 bunch green onions
1 can sliced mushrooms

1/2 pt. cream
1/2 c. milk
3 Tbsp. flour
2 Tbsp. sherry

Saute onions in oleo. Add flour, cream and milk. Salt and pepper to taste. Stir until thick and smooth. Add crab, shrimp, mushrooms, and sherry. Serve in chafing dish with bread wafers or Melba toast.

Kathy Wells (Julie Wells)

TEX-MEX DIP

2 cans bean dip
3 ripe avocados/lemon juice and
salt
1 large sour cream
1/2 c. mayonnaise
1 pkg. taco seasoning

1 bunch green onions, chopped
(use all the onion)
3 medium tomatoes, chopped
1 (6 oz.) can ripe olives, chopped
3/4 lb. Cheddar cheese, grated

On a large serving plate, starting with the bean dip, add each layer in the order given. Sprinkle generously with the grated cheese. Serve with tortilla chips.

Tommy Fullilove (Aimee Fullilove)

SPINACH DIP

Thaw and squeeze 10 ounces of chopped spinach until dry.

Stir together:

Spinach
1 1/2 c. sour cream
1 c. mayonnaise

1 pkg. Knorr soup mix (vegetable)
8 oz. can chopped water chestnuts
3 chopped green onions

Blend well; cover and refrigerate 2 hours. Stir before serving.

To serve: Hollow out pumpernickel, sourdough or rye bread (round solid loaf). Fill with dip and use excess bread for dipping. Serve cold and enjoy.

Lisa Card (Jodie Perryman)

SHRIMP DIP

1 can cream of shrimp soup
1 chopped bell pepper

1 Tbsp. chill powder
1 (8 oz.) pkg. cream cheese

Let cheese stand to room temperature. Mix ingredients well together. Refrigerate until ready to use.

Linda I. Pedro (Tiffany D. Pedro)

BROCCOLI DIP (Hot dip)

1 pkg. frozen, chopped broccoli,
cooked and drained
1 roll Kraft garlic cheese
1 can cream of mushroom soup
½ large onion, chopped
1 can chopped mushrooms

2 to 3 stalks celery (medium),
chopped
Dash of Tabasco
Dash of red pepper
Dash of Worcestershire

Saute onions, mushrooms and celery in butter. Add soup and cheese. Stir until blended; add broccoli. Serve hot from chafing dish. *Good with corn chips.*

Karen Counts (Laura Counts)

SEVEN LAYER TACO DIP

2 cans Frito bean dip
1 pt. sour cream
1 pkg. McCormick taco seasoning
4 ripe avocados
8 oz. or more grated Cheddar
cheese and Mozzarella
Chives to taste

Salt and pepper to taste
Garlic powder to taste
Small can sliced black olives
Tomato, chopped in small pieces
Picante sauce
Lemon juice

In a 9x13 inch pan, spread the bean dip. Mix the taco seasoning and the sour cream and spread over the bean dip. Make guacamole with the avocados, picante sauce and lemon juice. Add salt, pepper and garlic powder to taste. Layer the guacamole over the sour cream. Sprinkle all the cheese over the guacamole. Next, sprinkle the tomato and top with the chives and olives. Chill in refrigerator or serve right away with Tostitos.

Cheryl Cook (Kim Kimball)

PARTY DIP

3 - 4 avocados
1 pkg. Lipton onion soup mix
1 small sour cream
¼ c. mayonnaise

1 medium small picante sauce
10 oz. Longhorn Cheddar cheese
10 oz. Monterey Jack cheese
1 can ripe olives

Mix these ingredients up well. Spread on bottom of 9x13 inch glass dish; grate Longhorn cheese and Monterey Jack cheese and sprinkle on top. Slice black olives on top for appearance. Do the night before so flavors can mix.

Kathy Dressler (Tiffany D. Pedro)

MARION'S DIP

1 lb. ground beef
1 lb. sausage (Owen regular)
2 lb. Velveeta cheese

1 can cream of mushroom soup
6 Tbsp. picante sauce

Cook beef and sausage in a skillet until browned. Add cheese that has been cut into small chunks. Add mushroom soup and picante sauce. Cook this on low heat until all the cheese has melted. Serve with Doritos or Fritos.

Beth Prickett (Laura Prickett)

AVOCADO DIP

2 large avocados
1 large size cream cheese
½ c. mayonnaise

1 tsp. lemon juice
1 tsp. garlic salt

Mash avocados and add cream cheese, mayonnaise, lemon juice, and garlic salt. Beat with mixer until smooth. (Place a seed from 1 avocado in mixture to keep dip from turning dark.)

Sharon Noble (Stephanie Stowers' mother)

MARY'S DIP

1 large can black olives, sliced
2 cans green chilies, chopped
1 medium onion, chopped
2 tomatoes, chopped

2 Tbsp. olive oil
1 Tbsp. vinegar
2 tsp. garlic salt

Mix all ingredients together and serve with tortilla chips.

Mary Ann Brown (Tami Russell's friend)

DEVIL'S DIP

1 pkg. frozen chopped broccoli
1 can mushroom soup
3 Tbsp. margarine
Tabasco

¼ c. sliced mushrooms
¼ c. chopped celery
¼ c. onion
1 (6 oz.) pkg. garlic cheese

Cook broccoli and drain. Saute mushrooms, chopped celery and onions in margarine until soft, but not browned. Add soup, broccoli and cheese (cut into small pieces) and cook slowly, stirring constantly, until cheese is melted and well blended. Add a dash of Tabasco and stir into mixture. Serve in chafing dish with Fritos.

Trisha Steffens (Stacy Steffens)

CHILI DIP

½ lb. ground beef
¼ c. chopped onion
½ c. extra hot ketchup

1½ tsp. chili powder
1½ tsp. salt
1 (8 oz.) can red kidney beans

Brown meat and onion. Add chili powder and salt. Add ketchup and mashed kidney beans. Let cook slowly, about 30 minutes. Garnish with grated cheese. Serve hot.

Sharon Noble (Stephanie Stowers' mother)

CHILLY DILLY DIP

½ lb. ground beef
½ lb. ground pork

3 diced green onions
2 cloves chopped garlic (optional)

Brown beef and pork in 2 tablespoons oil with onions and garlic.

Add the following ingredients and simmer:

3/4 c. diced pimento	1 - 2 Tbsp. chili powder (according to taste)
3/4 c. toasted almonds	1 Tbsp. comino seed
3/4 c. seedless raisins	1 Tbsp. oregano seed
1 can tomato paste	Salt and pepper to taste
2 chopped jalapenos	

Add a little water if it seems dry. Serve hot with Fritos.

Trisha Steffens (Stacy Steffens)

PARTY RYE

2 lb. pork sausage (1 regular and 1 hot)	2 lb. Velveeta cheese
1 onion, chopped	1 Tbsp. anise seed
1 green pepper, chopped	1 tsp. oregano
	2 - 3 loaves party rye, sliced

Brown sausage with onion and green pepper; drain very well. Add sausage mixture to Velveeta cheese which has been melted in double boiler. Add anise seed and oregano. Spread on party rye; freeze. Bake at 425° for 5 to 10 minutes.

Joy Robertson (Shannon Robertson)

SAUSAGE PINWHEELS

2 c. flour	6 Tbsp. shortening
1/2 tsp. salt	2/3 c. milk
3 tsp. baking powder	1 lb. regular pork sausage

Make dough and divide into 2 parts. Roll 1 part of dough into a rectangle, 10 to 12 inches x 6 inches. Have sausage at room temperature. Pat half of it on dough and roll, as a jelly roll. Wrap in foil to chill. Slice in 1/4 inch slices and bake at 400° until lightly browned.

Dough can be frozen and then sliced like refrigerator cookies when needed.

Lillian Mueller (Traci Mueller)

ZESTY SAUSAGE SQUARES

1 lb. bulk sausage	1/2 c. chopped onion
1 c. Bisquick	2 c. grated Cheddar cheese
1/3 c. milk	1 egg, beaten
4 Tbsp. mayonnaise, divided	2 (4 oz.) cans chopped green chilies

Cook sausage and onion together; drain well. Set aside. Mix Bisquick, milk and 2 tablespoons mayonnaise. Put in 9x13 inch pan. Spread sausage over Bisquick mixture. Top with beaten egg and 2 tablespoons mayonnaise. Top with cheese and green chilies. Bake at 375° for 25 minutes.

Joy Robertson (Shannon Robertson)

SAUSAGE BALLS

2 lb. good sausage (1 lb. hot and 1 lb. mild)	3/4 c. red wine vinegar
3/4 c. catsup	3/4 c. brown sugar
	1 tsp. ground ginger

Roll sausage into walnut size balls and cook slowly in frying pan until tender. Do not overcook or sausage gets tough. Heat remaining ingredients in a saucepan and simmer about 30 minutes. Put cooked sausage balls in sauce and store in a covered casserole in refrigerator for 1 to 2 days.

To serve warm in a saucepan and put in a chafing dish. *They are a winner!*

Lynn VanDelinder (Laura VanDelinder)

SAUSAGE PASTRIES

1 c. butter
2 (8 oz.) pkg. cream cheese
2 c. flour

½ tsp. salt
1 lb. bulk sausage

Combine butter and cream cheese with mixer until very smooth. Add flour and salt; blend well. Divide dough into 2 balls and flatten with hands to about one half inch thickness. Cover with wax paper and refrigerate overnight. This will keep for several days. Let pastry stand at room temperature for 30 minutes. Roll thin. Cut with round pastry cutter or cookie cutter. Place about 1 teaspoon of sausage on pastry; moisten edges and fold over. Crimp with fork. Bake on ungreased cookie sheet at 425° for 15 minutes. May be frozen. Serves 20.

Elizabeth McCormick (Tracy McCormick)

DILL PICKLES

Cucumbers
2 c. water
1 c. vinegar

2 Tbsp. sugar
2 Tbsp. pickling salt

Heat water, vinegar, salt, and sugar to boiling. Add cucumbers and heat until they change colors. Put dill in a clean, hot jar. Put pickles in jar; add more dill and fill with hot liquid. Seal with new lid. Ready to eat in about 1 month.

Lillian Mueller (Traci Mueller)

REFRIGERATOR PICKLES

Cucumbers
Sugar

Vinegar

Slice cucumbers very thin; pack clean jar with cucumber slices. Add equal amounts of sugar and vinegar. Seal jar; store in refrigerator. Pickles are ready to eat in 24 hours.

These are good served with sandwiches or can be used in a salad in the fall when fresh cucumbers are no longer available.

Lillian Mueller (Traci Mueller)

PICKLED OKRA

1 clove garlic (for each jar)
1 hot pepper (for each jar)
Okra
1 tsp. dill seed (for each jar)

1 qt. white vinegar
1 c. water
½ c. salt

Place the garlic and hot pepper in the bottom of hot, sterilized pint jars. Pack firmly with clean, young okra pods from which only part of the stems have been removed. Stem ends must be open. Add dill seed.

After packing jars, bring vinegar, water and salt to a boil. Simmer for about 5 minutes and pour, while boiling hot, over the okra. Seal the jars immediately. This amount of pickling solution will fill from 5 to 7 pint jars.

Betty Gilbreath (Nikki Butts' grandmother)

MAGIC RED STUFF

8 tomatoes
3 - 4 jalapenos (more or less,
depending on desired
"hotness")
1 medium onion

2 cans tomato paste
3 - 4 garlic cloves
1 tsp. cumin
2 Tbsp. vinegar
Salt and pepper to taste

Blend 4 tomatoes in blender for a short time. Tomatoes should be chunky; set aside. Blend the other 4 tomatoes in blender with all other ingredients and blend well. Add 2 tomato mixtures together with 2 cans tomato paste and mix well. Serve as dip with tortilla chips. Makes lots!

Judy Russell (Tami Russell)

PICANTE SAUCE

2 large cans tomatoes
1 (11 oz.) jar pickled mild jalapenos
½ c. vinegar
2 - 3 Tbsp. sugar

Garlic salt to taste
3 - 4 green onions (whole)
Salt to taste

Mix all ingredients together and serve with tortilla chips.

Stacy Skipper (Marla Hiller)

PICANTE SAUCE

3 large carrots
3 outer stalks celery
1 inner stalk (with leaves)
1 whole onion
5 - 6 green onions
4 - 5 sections garlic

25 large jalapenos
1 c. jalapeno juice
1 (No. 2) can whole tomatoes (28¾ oz.)
1 (14 oz.) can whole tomatoes

Cut all of these up. When you get to the tomatoes, drain the juice into a bowl and chop up tomatoes. Mix this together. You can serve this sauce right away. Put in jars and refrigerate.

Orlando John Pedro (Tiffany D. Pedro)

PEPPER HASH

12 green bell peppers
12 red bell peppers
8 medium onions

1 pt. vinegar
2 c. brown sugar
2 Tbsp. salt

Chop peppers and onions; cover with boiling water. Let stand 10 minutes; drain. Cover with water again; heat to boiling point. Drain and press all water out. Mix with vinegar, sugar and salt; boil 15 minutes. Seal in sterile jars.

This makes attractive Christmas gifts.

Pat Wilson (Jennifer Wilson)

VEGETABLE RELISH

- | | |
|---|-------------------------------------|
| 2 small (6 - 7 oz.) cans chopped ripe black olives, drained | 1 - 3 tomatoes, chopped |
| 2 small (6 - 7 oz.) cans chopped mushrooms, drained | 1 - 2 bunches green onions, chopped |
| 2 small (6 - 7 oz.) cans chopped green chiles (mild), drained | 1 mild jalapeno, chopped |
| | 1 Tbsp. lemon juice |
| | 2 tsp. garlic salt |

Mix all ingredients and chill well. Serve with tortilla chips.

Susan Eason (Nikki Butts)

CORN RELISH

- | | |
|------------------------------|-------------------------|
| 4 Tbsp. chopped green pepper | 1/3 c. vinegar |
| 4 Tbsp. chopped green onion | 1/2 c. brown sugar |
| 4 Tbsp. sweet pickle relish | 1/3 c. salad oil |
| 4 tsp. prepared mustard | 4 Tbsp. chopped pimento |

Mix and chill overnight.

Jan Petter (Traci Fulford's mother)

Notes



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Soups, Salads, Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Jams & Preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12x20" pan	8 1/2 quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Canned Vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Fruit Cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1 1/2 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS, SALADS, VEGETABLES

CHICKEN SOUP

3 to 4 lb. chicken
1 pkg. onion soup mix

4 carrots, sliced
Noodles, rice or potatoes

Place chicken in a large pot and cover with water; bring to a boil and skim foam off. Simmer until tender. Remove chicken from water and remove meat from bones. While doing this, leave water simmering and add soup mix and sliced carrots. Add chicken and simmer until carrots are tender. Add noodles, rice or potatoes and salt and pepper to taste.

Margie Gilbert (Jennifer Hart's mom)

POTATO-CHEESE SOUP WITH BEER

**6 to 8 large potatoes, sliced (peeled
or unpeeled)**
3 bay leaves
½ tsp. basil
½ tsp. oregano
2 c. beer or ale
Water or vegetable stock
1 large onion
3 cloves garlic, pressed
2 carrots, sliced

½ stick butter
2 Tbsp. flour
2 c. half & half
1 tsp. soy sauce
**Several shakes hot red pepper
sauce**
½ tsp. dry mustard
Freshly ground pepper
12 oz. grated Cheddar cheese

In a large, heavy pot sprayed with a nonstick product, place the potatoes, bay leaves, basil, and oregano. Pour in beer and enough water or stock to bring the liquid level with the potatoes. Bring to a boil; reduce heat and simmer, covered, while you saute the onion, garlic and carrot in butter. When onion is soft, sprinkle with the flour.

Whisk the half & half vigorously and, while whisking, add to the vegetable mixture. Cook the mixture, stirring until smooth and thick; season with the soy sauce, hot pepper sauce, mustard, and pepper. After the potatoes have simmered for about 20 minutes, add this sauce to them, stirring well. Stir in Cheddar cheese. Cook, stirring often, over very low heat for another 20 minutes or so. Test potatoes for doneness.

If possible, remove from heat and allow soup to set for at least several hours. Just before serving, reheat it gently; taste and correct for seasonings and serve, very hot, with a sprinkle of Cheddar, parsley and paprika. Makes 6 to 8 servings.

Margie Gilbert (Jennifer Hart's mom)

CHEESE SOUP WITH BROCCOLI

1 c. minced onion
6 Tbsp. flour
3 c. grated Cheddar cheese
1 pkg. frozen broccoli

6 Tbsp. butter
3 c. bouillon
3 - 6 c. milk

Cook broccoli in salted water until just tender. Saute onion in butter until limp, not browned. Sprinkle with flour and continue to cook, stirring well. Add bouillon a little at a time, stirring well until smooth and thickened. Add cheese, stir until melted. Add milk, slowly, stirring until blended. Add broccoli last. Serves 8.

Jay Hiller (Marla Hiller)

CHEESE SOUP

2 - 3 Tbsp. margarine
1 carrot, diced
1 small onion, chopped
½ c. celery, diced

2 cans Swansons chicken broth
2 cans cream of potato soup
8 oz. Velveeta cheese, cubed
1 (8 oz.) ctn. sour cream

Melt margarine in large pan. Add carrot, onion and celery and saute. Add chicken broth and simmer 30 minutes. Add cream of potato soup and Velveeta cheese. Simmer 15 minutes. Stir in sour cream.

If made ahead, do not add sour cream until just before serving. Also very good with broccoli added. Keeps 4 days.

Lisa Whinery (sister of Shannon Robertson)

CHEESE SOUP

1 carrot, grated
2 stalks celery, cut in small pieces

½ onion, chopped fine

Cook preceding in 1 can of chicken broth until done.

Add:

1 can cream of chicken soup
1 can milk

⅓ c. butter (or more)
A little salt

Bring to a boil; remove from heat and add about 2 cups grated Cheddar cheese.

Beth Prickett (Laura Prickett)

AVGOLEMONO - GREEK LEMON SOUP

2 c. chicken broth
¼ c. cooked rice

1 egg
Juice of ½ lemon

Bring chicken broth to a boil with rice in a small saucepan. Beat egg; add lemon juice and a little of the hot broth. Return to pan. Serve at once. Makes 2 to 3 servings.

Carolyn Hull (Michelle Hull)

HARVEST CHOWDER

4 slices bacon
½ c. chopped celery
½ c. thinly sliced carrots
2 Tbsp. sliced green onions
2 c. mashed potatoes
1 (17 oz.) can cream style corn
½ c. frozen English peas

2 c. milk
½ tsp. salt
1 c. shredded sharp Cheddar cheese
1 large tomato, peeled and thinly sliced
Seasoned pepper

Fry bacon in a large saucepan until crisp; drain on paper towels. Crumble bacon; set aside. Reserve 1 tablespoon drippings in pan; saute celery, carrots and onions in drippings for 2 minutes. Stir in potatoes, corn, peas, milk, salt, and cheese. Cook over medium heat, stirring constantly, until cheese melts. Top each serving with a tomato slice, bacon and a dash of seasoned pepper. Yields about 7 cups.

Lynn Morris (Tiffany Morris)

CAPTAIN SOUP

1 lb. ground beef
1 medium onion
1 (No. 2) V-8 juice or tomato juice
1 can mushroom soup

1 can cream of celery soup
1 can or 1 frozen pkg. mixed vegetables

Brown onion and beef together; drain. Mix all of the preceding together and simmer ½ to 1 hour.

Diann Angelocci (Donna Angelocci)

LENTIL SOUP

2 c. brown lentils
6 c. cold water
1½ Tbsp. salt
¼ tsp. pepper
1 large (1 lb. 13 oz.) can tomatoes
1 large onion, diced

2 Tbsp. minced fresh dill or 1 Tbsp. dried dill
2 cloves garlic, crushed
2 bay leaves
1 stick butter

Place all ingredients in a saucepan; slowly bring to a boil. Cover and simmer over low heat for 2 to 2½ hours. Makes about 6 servings.

Remember to stir occasionally to prevent sticking.

Linda Joy (Debbie Joy)

HOMEMADE VEGETABLE SOUP

6 - 7 potatoes, finely diced
1 pkg. carrots, finely diced
3 - 4 stalks celery, finely diced
¼ c. green pepper, finely diced
¼ c. onion, finely diced
1 - 2 small yellow squash, finely diced
3 - 4 Tbsp. Lea & Perrins
Worcestershire sauce

1 pod garlic, crushed or very finely diced
Garlic salt and onion salt
Pepper
1 can tomatoes
1 lb. ground meat, browned and drained

Chop all vegetables and garlic. Season with salts and pepper. Fill pan a little over ½ full and simmer at medium temperature about 35 to 45 minutes, until vegetables begin to feel soft. Add canned tomatoes (mash them up). Add 2 tablespoons Lea & Perrins. Cook 30 minutes at low temperature. Brown meat and add 1 tablespoon Lea & Perrins. Add to vegetables and simmer 30 minutes.

Diane Randle (Ronda Randle)

PINTO BEAN SOUP

1 can refried beans
1 onion, chopped
1 can chopped green chillies
1 can tomatoes

1 c. chopped celery
1 can chicken broth
1 can water

Saute onion until clear; add remaining ingredients and cook slowly until celery is tender. Season with chili powder, garlic powder and salt to taste.

Karen Jones (Jana Jones)

RICE SOUP

2½ c. water
1 c. uncooked white rice
2 to 3 eggs
1 Tbsp. vegetable oil

1 Tbsp. chives or green onion
Garlic salt
Pepper
Dash of soy sauce

Bring water to a boil before adding rice; continue cooking with open lid until rice expands. Add water if needed to keep from drying out.

Scramble eggs in vegetable oil seasoned with garlic salt and pepper. While rice is still cooking, pour the scrambled egg mixture into the rice and stir in the rest of the ingredients with a dash of soy sauce. Soup mixture should be rather thick in consistency. Cooked chicken pieces may be added to the soup if desired.

This is always good for those who are sick and need something bland to eat.

Jeannie Hall (Christina Hall)

BOUILLABAISSE

1 c. chopped onion
½ c. diced carrots
½ c. chopped celery
½ c. salad oil
2 lb. fish fillets (sole or flounder),
cut in 3 inch pieces
2 lb. frozen crab claws, thawed
1 (16 oz.) can stewed tomatoes
2 qt. water
1 lb. fresh cleaned raw shrimp (in
shells)

1 doz. shell clams or mussels,
boiled
1 (10½ oz.) can condensed beef
broth (bouillon)
1 Tbsp. garlic salt
1 Tbsp. lemon juice
½ tsp. saffron
Dash of ground pepper

In large kettle, cook and stir onion, carrots and celery in oil until onion is tender. Add tomatoes (with liquid) and water. Heat to boiling; reduce heat. Cover and simmer 15 minutes. Add fish fillets, shrimp, crab claws, clams, and remaining ingredients; simmer 15 to 20 minutes longer. Serve with slices of French bread.

My family's traditional New Year's dinner served with black-eyed peas and all the other trimmings.

Jeannie Hall (Christina Hall)

PARSLEY SOUP

1 large onion, chopped
1 Tbsp. butter
2 c. chopped parsley
4½ c. chicken broth
1 c. light cream

1 tsp. dried mint or 2 tsp. fresh mint
⅛ tsp. cinnamon
Salt and pepper to taste
1 Tbsp. flour
½ c. sour cream

Saute onion in butter until tender. Add parsley and broth; bring to a near boil. Remove from heat; add cream, seasonings and flour. Blend in food processor or blender. Combine with sour cream. May be served hot or cold.

Shari Brady (Bridget Brady)

PORTUGUESE SOUP

2 c. onions, chopped
6 cloves garlic, chopped or garlic powder (if you prefer)
6 Tbsp. oil
1 lb. garlic flavored, smoked pork sausage (Elgin type or Linguica), cut into bite-size pieces
10 c. beef stock
1 (No. 303) can kidney beans (with liquid)

1 head green cabbage, cored and chopped into medium pieces
12 small new potatoes, scrubbed and quartered
¼ to ½ c. vinegar (or less to taste)
1 (16 oz.) bottle catsup (or more to taste)
Salt and pepper to taste

Saute onions and garlic in the oil; when the vegetables are just transparent, add sausage slices and brown lightly. Add beef stock and all other ingredients. Bring soup to a boil, stirring to keep the bottom of the pot from burning. Reduce heat; allow to simmer for 35 to 45 minutes or longer if you like, stirring occasionally. Correct seasonings to taste. Makes approximately 1 gallon.

The soup freezes well, except for the potatoes which will disintegrate when the soup is thawed and heated. Flavor of soup is best when it is kept refrigerated for a few days and reheated. Will keep for up to a week in the refrigerator.

Fred Tinnin, Inn at Brushy Creek, Round Rock, Texas (Nikki Butts)

HAMBURGER VEGETABLE SOUP

1 lb. ground chuck
1 medium onion, chopped (½ c.)
1 medium green pepper, chopped (1 c.)
½ c. chopped celery
½ c. chopped carrot
1 (16 oz.) can tomatoes

¼ - ½ c. barley
Salt and pepper to taste
8 c. water
1 env. country vegetable soup mix with vegetables or a couple of vegetable flavor bouillon cubes

Brown meat; pour off all drippings but 2 tablespoons. Add onion and saute 5 minutes. Add green pepper, celery, carrot, tomatoes, barley, salt, pepper, and water. Bring to boil. Lower heat; cover and simmer 1 hour. Add prepared soup mix or bouillon cubes and cook 30 minutes longer.

June Eason (Nikki Butts' grandmother)

CLAM BISQUE

1 large onion, chopped (1 c.)
6 Tbsp. butter or margarine ($\frac{3}{4}$ stick)
6 Tbsp. flour
2 cans clams

3 (8 oz.) cans clam juice
3 c. light cream or table cream
3 Tbsp. tomato paste (from a 6 oz. can)
3 Tbsp. lemon juice

1. Saute onion until soft in butter or margarine in a large saucepan; stir in flour. Cook, stirring constantly, just until bubbly.

2. Stir in clams and liquid and clam juice; continue cooking and stirring until mixture thickens and boils 1 minute. Cover; simmer 15 minutes to blend flavors.

3. Blend in cream, tomato paste and lemon juice. Heat slowly just until hot. Ladle into soup cups. Makes 12 servings.

DeeDee Buckley (Nikki Butts)

BING CHERRY SALAD

1 large can pitted black cherries
2 small pkg. black cherry jello
1 (3 oz.) pkg. cream cheese

2 c. Coca-Cola
Pecans

Drain cherries, saving juice. Add enough water to juice to make 2 cups. Bring this to a boil. Add jello, stirring until dissolved; cool. Add slowly 2 cups Coca-Cola. Chill until partially set. Add cherries stuffed with pecans and cream cheese. Serves 8 to 10.

Pat Wilson (Jennifer Wilson)

DR PEPPER SALAD

2 Dr Peppers
1 (8 oz.) pkg. cream cheese
1 c. pecans

Small cherries
1 pkg. strawberry jello

Boil 1 Dr Pepper; pour over jello. Cut up cream cheese (blend). Pour cold Dr Pepper in mixture; add nuts. Put cherries and juice in mixture.

Tresha Steffens (Stacy Steffens)

STRAWBERRY SALAD

2 pkg. strawberry gelatin
1 c. boiling water
2 (10 oz.) pkg. frozen, sliced strawberries, thawed
1 lb. 4 oz. can crushed pineapple, drained

3 medium bananas, mashed
1 c. chopped walnuts or pecans
1 pt. sour cream

The day before serving, combine in a large kettle the gelatin and the boiling water. Stir until dissolved; fold all at one time, the strawberries with juice, mashed bananas, drained pineapple and nuts. Turn half of mixture into 12x8x2 inch baking dish and refrigerate until firm.

Spread the sour cream evenly over the gelatin; smooth on rest of mixture and refrigerate. Makes 12 servings.

Lisa Card (Jodie Perryman)

STRAWBERRY SALAD

2 (10 oz.) ctn. frozen strawberries
3 bananas, chopped up
1 large can crushed pineapple (with juice)

1 large pkg. strawberry jello,
dissolved in 1 c. boiling water
1 c. chopped pecans
1 small ctn. sour cream

Spread half in large Pyrex pan; put in refrigerator until set. Spread sour cream evenly over first layer. Pour remaining strawberry mixture over and chill.

This salad can also be put in a Tupperware mold. Add 1 package of gelatin to jello while dissolving. Pour $\frac{1}{3}$ of mixture into mold; let set. Spread on sour cream and remaining strawberry mixture. Decorate with design on top with sour cream.

Heather Hartman (Cora Hartman)

EASY FRUIT SALAD

1 can Eagle Brand condensed milk
1 can cherry pie filling
1 large ctn. Cool Whip

1 medium can crushed pineapple
(undrained)
1 banana, diced

Mix all ingredients together and chill.

This is so easy, delicious and very pretty.

Lillian Mueller (Traci Mueller)

BUTTER MINT SALAD

2 large cans crushed pineapple
(undrained)
1 (3 oz.) pkg. lime gelatin (dry)
1 (10 oz.) pkg. tiny marshmallows
2 small pkg. dry whipped topping
mix

1 tsp. pineapple flavoring
 $\frac{1}{4}$ tsp. mint flavoring
1 (7 oz.) pkg. butter mints, crushed

Mix pineapple, gelatin and marshmallows in bowl and let set overnight. Next day, whip topping according to directions and fold in crushed butter mints. Fold this into the first mixture and pour into a 9x13 inch pan.

This can be fixed several days ahead of time and served chilled or frozen. Cut in squares. Serves 12.

Lillian Mueller (Traci Mueller)

HOT SHERRIED FRUIT

1 large can peach halves
1 large can pear halves
1 large can pineapple chunks
1 large can Bing cherries, pitted
3 sliced bananas

2 Tbsp. flour
 $\frac{1}{2}$ c. brown sugar
1 stick butter
1 c. sherry or red wine

Drain fruit for several hours (drain cherries separately). In saucepan, combine flour, brown sugar, butter, and sherry. Cook until smooth and thick.

In buttered casserole, alternate layers of fruit and sherry mixture. Sprinkle crushed macaroons on top. Bake at 350° for 20 minutes. Serve warm.

Joy Robertson (Shannon Robertson)

MARSHMALLOW FRUIT SALAD

1 (28 oz.) can Del Monte fruit salad,
well drained

½ c. whipping cream

¼ c. chopped nuts (optional)

1 c. small marshmallows

Blend in all ingredients and chill before serving. Increase marshmallows if needed.

My children love this salad and will eat it as a dessert!

Jeannie Hall (Christina Hall)

STRAWBERRY SOUFFLE SALAD

⅓ c. evaporated milk

2 tsp. lemon juice

½ c. sliced bananas

1½ c. cold, cooked rice

1 c. coconut

½ c. chopped pecans

1 c. fresh or frozen strawberries,
sliced and drained

2 Tbsp. lemon juice

6 Tbsp. powdered sugar

Chill evaporated milk in refrigerator tray in freezer until soft crystals form around edges of tray, about 15 minutes. Sprinkle 2 teaspoons lemon juice over bananas. Mix bananas with rice, coconut, pecans, and strawberries. Whip chilled milk until stiff. Add 2 tablespoons lemon juice and whip very stiff, approximately 2 minutes. Beat in powdered sugar. Fold whipped milk mixture into strawberry mixture. Spoon onto lettuce leaves. Serves 6.

Elizabeth McCormick (Tracy McCormick)

DARK CHERRY SALAD

1 large pkg. black cherry jello (or 2
small pkg.)

1 (16 oz.) can crushed pineapple (in
natural juices)

1 can of jar dark cherries (in natural
or light syrup)

¾ c. pecan pieces

1½ c. sour cream

1 c. Coca-Cola

Boil 2 cups water and mix with jello. Drain cherries and pineapple; save juice. Add 1 cup of saved juices to jello mixture. Add 1 cup Coke to jello mixture also; set aside. Slice cherries in halves and line the bottom of a 9x13 inch dish. Sprinkle pineapple over cherries. Pour jello mixture over fruits. Sprinkle with pecan pieces. Chill until congealed. Spread with sour cream (like frosting).

Kathy Wells (Julie Wells)

ORANGE SHERBET SALAD

1 (6 oz.) pkg. orange jello
1 c. boiling water
1 pt. orange sherbet, softened
1 can mandarin oranges, drained

1 (8 oz.) can crushed pineapple,
drained
1 c. miniature marshmallows
½ pt. whipped cream

Dissolve jello in water. Add sherbet to jello and stir until melted; mixture will be thick. Add remaining ingredients, stirring until well blended. Pour into a 2 quart mold or bowl. Refrigerate until set. This makes a large salad that serves 8 to 10 people.

Candy Moore (Missy Moore)

APRICOT SALAD

4 c. apricot nectar
½ c. lemon juice
¾ c. sugar
¼ tsp. salt

3 pkg. plain gelatin
2 c. fruits (cherries, banana, small
can pineapple)

Heat nectar, lemon juice, salt, and sugar. Add gelatin and let cool. Add fruit. Put in mold and chill.

Tommy Fullilove (Aimee Fullilove)

FIVE CUP SALAD

1 c. crushed pineapple
1 c. sour cream (8 oz.)
1 c. mandarin oranges (small can)

1 small pkg. miniature
marshmallows
1 c. pecans

You can also add cherries, coconut, bananas, etc. Mix well and serve chilled.
Quick to fix and tasty.

Janice Kimball (Kim Kimball)

CARROT SUNSHINE SALAD

3 oz. orange jello
8 oz. chunk pineapple

1½ c. boiling water

Drain pineapple and add juice to water and jello. Place in refrigerator until thick.

Add:

2 c. shredded carrots
½ c. shredded coconut

¼ c. chopped pecans

Add pineapple and return to refrigerator until set.

Diana Hudson (Heather McQueen Hudson)

FROZEN FRUIT SALAD

2 small pkg. cream cheese
1 large jar maraschino cherries
1 large can crushed pineapple
1 pt. whipping cream, whipped

1 c. marshmallow cream
1 c. coconut
1 c. pecans
Other fruit (optional)

Cream marshmallow cream and cream cheese; add fruit and nuts. Add whipped cream last. Freeze overnight.

Grandma Alberta Kimball (Kim Kimball)

ORANGE AND PINEAPPLE SALAD

5 or 6 oranges, cut into bite-size pieces
1 can pineapple tidbits

Coconut
1 jar cherries, cut up
Sugar to taste

Mix all of preceding and combine to dissolve sugar. This can be made ahead of time and will also keep in refrigerator a week or more.

Beth Prickett (Laura Prickett)

CINNAMON JELLO SALAD

½ c. red hots
4 Tbsp. sugar
2 c. hot water
1 (6 oz.) pkg. cherry jello

2 c. diced apples
1 c. crushed pineapple
1 c. chopped pecans

Boil this mixture until candy dissolves; pour over 1 large package of cherry jello. Add 2 cups cold water; add apples, pineapple and pecans. Chill until firm.

Candy Moore (Missy Moore)

CHERRY SALAD

1 (21 oz.) can cherry pie filling
1 (16 oz.) can crushed pineapple, drained
1 (14 oz.) can Eagle Brand milk

1 (8 oz.) ctn. Cool Whip, thawed
1 c. chopped nuts
2 drops of vanilla

Combine all ingredients; blend well. Refrigerate several hours before serving.

Carolyn Therrell (Allyson Therrell)

VERMICELLI SALAD

2 (12 oz.) pkg. vermicelli
4 Tbsp. salad oil
3 Tbsp. lemon juice
1 Tbsp. Accent seasoning
1 c. chopped celery and green olives

½ c. chopped green pepper and green onions
1 pt. mayonnaise

Cook vermicelli according to package directions; drain. Add salad oil, lemon juice and Accent; marinate overnight in refrigerator. Add remaining ingredients and mix well.

Judy Russell (Tami Russell)

RICE AND ARTICHOKE SALAD

1 pkg. chicken flavored rice mix
1/2 chopped green pepper
1 can artichokes (not marinated)
1/3 c. mayonnaise

4 green onions, sliced thin
12 sliced, stuffed olives
3/4 tsp. curry powder

Cook rice according to directions using no butter; cool. Add olives, onions and green pepper and mix. Drain artichokes and cut in quarters; mix and chill overnight.

Judy Magnuson (Vicki Magnuson)

SPAGHETTI SALAD

12 oz. pkg. spaghetti
1 bottle Italian dressing
1/4 c. McCormick Salad Supreme

1 chopped cucumber
1 chopped tomato
1 chopped green pepper

Cook spaghetti according to package directions. Add all ingredients to spaghetti; cover and marinate overnight.

Lena Mattingly (Tami Russell's grandmother)

GUACAMOLE TEX-MEX COLESLAW

2 pkg. spicy guacamole mix
6 ripe avocados, mashed
2 Tbsp. lemon juice
6 c. shredded cabbage
1 c. finely chopped onion
1 c. finely chopped green pepper
1/2 c. mayonnaise

1/2 c. sour cream
1 Tbsp. sugar and tarragon vinegar
1/2 tsp. salt
1/4 tsp. pepper
Dash of hot sauce
Dash of Worcestershire sauce
1/4 - 1/2 c. picante sauce

Combine first 6 ingredients and mix well. Add remaining ingredients and mix well. Sprinkle 1/4 teaspoon paprika over top. Makes 8 to 10 servings.

Annette Johnson (Stacy Steffens)

MOCK SALMON SALAD

1 can tomato soup (undiluted)
2 env. unflavored gelatin, softened
in 1/4 c. water
1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
2 small cans flaked tuna
1 c. chopped celery
1/2 c. chopped onion

2 hard-boiled eggs, chopped
Lemon juice to taste
Salt and pepper to taste
1/4 c. chopped green pepper
(optional)
Stuffed green olives (optional)
Pimento (optional)

Heat soup; stir in gelatin. Soften cream cheese with mayonnaise; add to soup mixture. Add remaining ingredients. Grease mold (use a Tupperware mold) with mayonnaise. Pour in tuna mixture; chill until set and unmold just before serving. Garnish with olives and parsley. Yield: 12 servings.

Heather Hartman (Cora Hartman)

LONE STAR PASTA SALAD

2 c. pasta (uncooked)	1/4 c. sweet pickle relish
1 c. mayonnaise	1/4 c. finely chopped onion
1/2 c. chopped celery	1 Tbsp. prepared mustard
1/3 c. chopped carrots	1/2 tsp. pepper
2 hard cooked eggs, chopped	Dash of paprika

Cook pasta according to package directions; drain. Rinse with cold water to cool quickly; drain well. Combine cooled pasta with remaining ingredients in large bowl. Toss lightly until evenly coated. Cover with plastic wrap; chill well. Serves 6 to 8.

Lisa Card (Jodie Perryman)

SHOE PEG CORN SALAD

2 (15 oz.) cans shoe peg corn	1 (16 oz.) can LeSueur peas
1 (16 oz.) can French style green beans	2 small cans sliced mushrooms

Drain all of the preceding and combine in a large bowl.

Bring *just to* boiling point:

1/2 c. white vinegar	1/2 c. sugar
1/2 c. salad oil	Salt and pepper to taste

Pour over preceding vegetables while still hot and mix.

Add:

1 c. finely chopped celery	1/2 c. finely chopped onion
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Refrigerate.

The name "shoe peg corn" is in small print above white corn.

Cindy Eason (Nikki Butts' mother)

SPINACH SALAD

2/3 c. salad oil	1/4 to 1 tsp. curry powder
1/4 c. wine vinegar	1/2 tsp. salt
2 Tbsp. Chablis or other white dinner wine	1/2 tsp. garlic salt
2 tsp. soy sauce	1 tsp. freshly ground pepper
1 tsp. sugar	1 lb. bacon
1 tsp. dry mustard	2 hard cooked eggs, chopped
	4 qt. spinach

Combine first 10 ingredients in a covered jar and shake well; chill. Wash spinach; tear into pieces, removing stems. Dice bacon; fry until crisp. Mix bacon and eggs with spinach. Shake dressing again; pour over spinach and serve.

Margie Gilbert (Jennifer Hart's mom)

SWEET PEA SALAD

1 (12 oz.) can white corn
1 can French style green beans
1 (4 oz.) can pimentos
1½ lb. frozen petit peas

1 c. chopped celery
1 c. chopped onion
1 c. chopped green pepper

Mix in a large bowl.

Mixture:

¾ c. vinegar
½ c. vegetable oil
½ c. sugar

1 Tbsp. water
1 tsp. salt
1 tsp. pepper

Pour in the Mixture and mix well. Chill overnight. Pour out the juice mixture as much as possible before serving on a bed of crisp greens.

This was a very popular salad dish when we had a "pot luck" lunch at the office.
Jeannie Hall (Christina Hall)

SPRING DELIGHT SALAD

1 can tomato soup
1 small pkg. lemon jello

1 Tbsp. sugar
1 tsp. salt

Heat the preceding to almost a boil; cool.

Add:

1 chopped bell pepper
1 chopped medium onion
1 c. chopped celery

1 c. salad dressing (not
mayonnaise)
1 small ctn. cottage cheese

Mix thoroughly and chill overnight.

Jayne Norman (Traci Fulford's great aunt)

CAULIFLOWER SALAD

1 head cauliflower, chopped in
small pieces
1 green pepper, chopped
2 stalks celery, chopped
2 carrots, grated in long strips

Salad olives to taste
½ c. salad oil
½ c. vinegar
¼ c. sugar

Mix well and pour over vegetables in pan; bring to a boil, just to heat vegetables. Cool and refrigerate.

Diane Randle (Ronda Randle)

BROWN RICE SALAD

3 c. cooked brown rice
1 c. chopped fresh parsley
½ c. chopped fresh mint
½ c. sliced green onion

1 can tomatoes, diced (save juice)
½ c. olive oil
⅓ c. lemon juice
Salt to taste

Mix well; add leftover tomato juice to taste.

Colorado Street Cafe, Austin, TX (Nikki Butts)

LAYERED PEA SALAD

1 head lettuce
6 - 8 Tbsp. mayonnaise
1 bunch green onions

No. 2 can peas
½ lb. Swiss cheese
½ lb. bacon

Shred or break into small pieces the head of lettuce. Put into bottom of container or long narrow dish. Layer the following ingredients. Spread the mayonnaise over the lettuce; add the chopped green onions. Over this place the peas and grated Swiss cheese. Top with fried and crumbled crisp bacon. Cover and refrigerate. Keeps up to 1 week.

Diann Angelocci (Donna Angelocci)

LAYERED SALAD

1 head shredded lettuce
1 pkg. frozen peas, thawed
1 bunch green onions, sliced
8 slices bacon, fried and crumbled

1 can water chestnuts, sliced
1 c. shredded Cheddar cheese
2 tsp. sugar

Layer ingredients as given in dish. Cover with mayonnaise; sprinkle sugar over the top. Chill overnight and serve. Best in deep rectangular dish or pan.

Lisa Card (Jodie Perryman)

PARMESAN SALAD

1 clove garlic, minced
½ tsp. salt
¼ tsp. pepper
Dash of dry mustard
2 Tbsp. grated Parmesan cheese

1 Tbsp. lemon juice (may add a little more)
¼ c. salad oil
1 head lettuce, broken

Combine garlic, salt, pepper, and mustard in salad bowl and mix well with a fork. Stir in cheese, juice and oil. Heap in lettuce on top of dressing; do not mix. Refrigerate until ready to serve. Sprinkle lightly with Parmesan cheese. Toss carefully until all leaves are coated.

Linda Joy (Debbie Joy)

KUMBACK SALAD

Salad fixings:

Lettuce
Tomatoes
Celery
Peppers

Green onions
Olives
Cucumbers
1 can shrimp, chilled and drained

Dressing:

¼ c. catsup
¼ c. chili sauce
1 c. mayonnaise
¼ c. Wesson or Crisco oil
1 tsp. black pepper
1 tsp. paprika
1 tsp. mustard

1 dash of Tabasco sauce
1 tsp. Worcestershire sauce
Juice of 1 lemon with 1 Tbsp. water
1 medium size onion, grated
3 large garlic buttons, grated
Salt to taste (½ tsp.)

Mix all ingredients well and use on your favorite Kumback Salad.

Kathy Wells (Julie Wells)

MARINATED ASPARAGUS SALAD

1 (.7 oz.) pkg. garlic salad dressing mix
1 (15 oz.) can asparagus, drained
1 (8½ oz.) can small early peas, drained

3 hard cooked eggs, chopped
Shredded lettuce (optional)

Prepare salad dressing mix according to package directions; set aside. Combine asparagus, peas and eggs; pour dressing over mixture. Stir gently; cover and chill for several hours. Drain well; serve on shredded lettuce if desired.

This is a great make ahead salad for fun summer get togethers!

Lynn Morris (Tiffany Morris)

SALMON PASTA SALAD

4 c. cooked macaroni
2 c. sliced celery
2 c. boned, baked salmon, in chunks
1⅓ c. mayonnaise

2 tsp. dill weed
1½ tsp. salt
½ tsp. white pepper
1 can hearts of palm, sliced
1 c. quartered artichoke hearts

Bake a 2 - 2½ pound piece of salmon at 325° until just done. Cool and remove bones and skin. Mix mayonnaise and spices; combine with macaroni, artichoke and palm hearts. Stir in salmon last.

Colorado Street Cafe, Austin, TX (Nikki Butts)

SHRIMP AND RICE SALAD

1 c. cooked rice
1/3 c. minced green onion
1 tsp. curry powder
2 Tbsp. salad oil
1 1/2 Tbsp. vinegar
4 c. cooked shrimp

1 c. chopped celery
1/2 c. chopped ripe olives
1/2 c. chopped green pepper
3/4 - 1 c. mayonnaise
Lemon pepper (optional)

To rice add onions, curry powder, oil, and vinegar. Mix well and refrigerate overnight. Toss cooked shrimp with celery, olives, and green pepper. Mix the marinated mixture with mayonnaise and add to shrimp mixture. Serve on lettuce leaf.

Jan Petter (Traci Fulford's mother)

GOURMET CHICKEN SALAD

2 1/2 c. diced, cooked chicken
1 c. finely chopped celery
1 c. seedless white grapes
1 c. slivered almonds
1 tsp. minced onion
1 tsp. salt

1/2 c. mayonnaise
1/2 c. whipped cream (whipped with
no sugar)
1/4 c. chopped black olives
Lettuce leaves
Sweet pickles

Combine first 9 ingredients; chill. Serve on lettuce leaves with sweet pickles as garnish.

Rosemary Standerfer (Lise' Standerfer)

SOUTH OF THE BORDER SALAD

1 lb. hamburger
1/2 env. onion soup mix
3/4 c. water
4 c. torn lettuce
1 c. shredded Cheddar cheese

1 large tomato, cut in wedges
1 small onion, sliced in rings
1/2 c. sliced ripe olives
1/4 c. chopped green pepper
16 oz. pkg. corn chips

Brown beef and drain. Sprinkle soup mix over beef and add water, simmering 10 minutes. Mix remaining ingredients, except chips into salad bowl and toss well. Spoon on mix. Sprinkle chips over all. Serves 6 to 8.

Diann Angelocci (Donna Angelocci)

EXOTIC CHICKEN SALAD

3 - 4 c. cubed chicken, cooked
1 c. seedless grapes
1 c. mandarin oranges
1 c. chunk pineapple, drained

3 - 5 green onions, chopped
1 c. slivered almonds
1 small can ripe pitted olives, sliced
Miracle Whip as needed

Combine all ingredients.

Diana Hudson (Heather McQueen Hudson)

CURRIED CHICKEN SALAD

**4 breasts chicken, cut up into
chunks**
1/2 c. mayonnaisse (or to taste)
1/4 c. sour cream
1/2 - 1 tsp. curry powder

1/2 c. raisins
**1 - 2 medium apples, sliced into
pieces**
Salt and pepper to taste

Mix all ingredients together in a large bowl. Refrigerate for several hours, until chilled. Serve on a bed of lettuce. Serves 4 to 5.

Karen Counts (Laura Counts)

CABBAGE ROLLS

8 - 10 large cabbage leaves
1 lb. ground beef
2 Tbsp. chopped onion
1 c. water

1 c. cooked rice
1 egg
Salt and pepper
1 can tomato soup

Pour boiling water over leaves; let stand 5 minutes. Mix together beef, onion, rice, egg, salt, and pepper and roll in leaves. Fasten with toothpicks. Place in baking dish. Mix together soup and water and pour over rolls. Cover. Bake at 350° for 1 hour.

Judy Magnuson (Vicki Magnuson)

DELICIOUS CORN

3 cans whole kernel corn, drained
1 stick butter

1 (8 oz.) cream cheese
2 - 3 jalapenos (canned), diced

Heat slowly until melted; stir to blend. Double this recipe when made in a crock pot.

Heather Hartman (Cora Hartman)

BAKED STUFFED AVOCADO

1 large semi-ripe avocado
1/2 chopped onion
1/2 c. buttered bread crumbs
3 Tbsp. chopped green olives

1 pkg. crabmeat
1/2 c. mayonnaisse
3 Tbsp. butter almonds

Remove seed from avocado after halving it lengthwise. Mix all ingredients, except almonds and scoop gently into both cavities of avocado. Sprinkle avocado with almonds on top. Bake in 350° oven for 20 minutes. Serve as entree, luncheon or appetizer. Serves 2.

Christa Henry (Emma Lee Henry)

EGGPLANT SANDWICHES

1 small eggplant
1 egg, beaten
Fresh bread crumbs
Salt and pepper

2 Tbsp. butter or margarine
**8 slices Mozzarella cheese, 1/4 inch
thick**
Oregano

Peel eggplant and slice into 8 rounds. Dip eggplant slices into beaten egg, then into bread crumbs seasoned with salt and pepper, to coat both sides.

Melt butter or margarine in large skillet. Add eggplant. Brown lightly on both sides. Top the eggplant slices with Mozzarella cheese and sprinkle with oregano. Place under broiler until eggplant is tender and cheese is melted. Transfer to serving platter. Makes 4 sandwiches.

Carolyn Hull (Michelle Hull)

CREOLE OKRA

- | | |
|---|---|
| 1/2 c. chopped onion | 2 c. diced celery |
| 1/2 c. chopped green pepper | 2 c. cut up fresh or frozen okra |
| 2 Tbsp. butter | 2 tsp. garlic salt |
| 1 (1 lb.) can stewed tomatoes (2 c.) | 1/4 tsp. pepper |

In skillet, saute onion and green pepper in butter. Stir in remaining ingredients; cook only until celery is crisp-tender, for 15 to 20 minutes.

This recipe is a good alternative to the fried okra which my family loves.

Jeannie Hall (Christina Hall)

SWISS VEGETABLE MEDLEY

- | | |
|--|---|
| 1 (16 oz.) bag frozen broccoli, cauliflower and carrots, thawed and drained | 1/4 tsp. pepper |
| 1 can cream of mushroom soup | 1 (4 oz.) jar chopped pimento, drained |
| 1 c. shredded Swiss cheese | 1 (2.8 oz.) can French fried onion rings |
| 1/3 c. sour cream | |

Combine vegetables, soup, 1/2 cup cheese, sour cream, pepper, pimento, and 1/2 onions. Pour into greased 1 quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions. Bake, uncovered, 5 minutes longer. Serves 6. (Can be doubled.)

Lynn VanDelinder (Laura VanDelinder)

THREE VEGETABLE CASSEROLE

- | | |
|----------------------------------|-------------------------------------|
| 1 pkg. frozen cauliflower | 1 can cream of mushroom soup |
| 1 pkg. frozen broccoli | 1 c. Cheddar cheese, grated |
| 1 pkg. frozen asparagus | |

In a 1 1/2 quart casserole, layer the vegetables, asparagus on bottom, the cauliflower, then broccoli on top. Pour soup over top and cover with grated cheese. Bake in a 350° oven for 30 minutes or until casserole is bubbly. Serves 6 to 8.

Rosemary Standerfer (Lise' Standerfer)

MARINATED MUSHROOMS

- | | |
|-----------------------------|---------------------------------|
| 1/4 c. olive oil | 2 garlic cloves, crushed |
| 1/4 c. vegetable oil | 1 Tbsp. parsley |
| 1/2 c. cider vinegar | 2 Tbsp. chopped onion |
| 1/2 tsp. salt | 1 lb. fresh mushrooms |
| 1/2 tsp. sugar | |

Clean and cut mushrooms in halves if very large. Mix all ingredients, except mushrooms, in a quart container (glass jar, if you have one), stirring well. Add mushrooms. Refrigerate 24 hours, turning several times.

Elizabeth McCormick (Tracy McCormick)

SAUTEED MUSHROOMS WITH GARLIC AND PARSLEY

1½ lb. crisp white mushrooms
1½ cloves garlic, peeled and finely
chopped
8 Tbsp. olive oil

Salt
Freshly ground pepper (5 or 6
twists)
3 Tbsp. finely chopped parsley

Slice the ends off the mushroom stems. Wipe the mushrooms clean or rinse quickly under cold running water and dry thoroughly with a towel. Cut into lengthwise slices ¼ inch thick.

Choose a large, heavy frying pan that can later hold all the mushrooms without crowding, and saute the garlic in the olive oil over medium heat until it colors lightly but does not brown. Turn the heat to high and add the mushrooms. When the mushrooms have absorbed all the oil, turn the heat down to low; add salt and pepper and shake the pan, stirring and tossing the mushrooms. As soon as the mushroom juice comes to the surface, which happens quickly, turn the heat up to high again and cook for 4 to 5 minutes, stirring frequently. Check salt. Add the chopped parsley; stir once or twice and transfer to a warm dish.

Linda Joy (Debbie Joy)

BAKED FENNEL

3 large sweet fennel
3 qt. boiling salted water
¼ c. unsalted butter, melted

1 tsp. salt
½ tsp. freshly ground pepper
5 Tbsp. freshly grated Parmesan

Preheat oven to 400°. Trim, then discard feathery tops and tough outer stalks of fennel; trim and discard discolored parts of fennel bulbs and a ¼ inch thick slice from base of bulbs. Cut bulbs lengthwise into ¾ inch slices. Rinse thoroughly with cold water. Cook fennel in boiling salted water until crisp-tender, about 8 minutes. Drain; pat dry on paper toweling.

Brush 13x11 inch baking dish with 1 tablespoon of the butter. Layer half of the fennel in bottom of baking dish; sprinkle with half of the salt and half of the pepper. Sprinkle with 2 tablespoons of the cheese; drizzle with half of the butter. Repeat. Bake until top is golden, 15 to 20 minutes. Serves 8.

Linda Joy (Debbie Joy)

BAKED CELERY

4 c. celery, cut in 1 inch pieces
2 Tbsp. oleo
1 (8 oz.) can water chestnuts,
drained and sliced
½ c. pimentos, drained

1 can cream of chicken soup
1 can cream of celery soup
1 c. cracker crumbs
¼ c. oleo, melted and added to
crumbs

Cook celery in boiling salted water until slightly tender. Drain and add oleo. Mix celery, soups, water chestnuts, and pimentos. Top with crumb mixture. Bake at 350° for 35 minutes.

Irma Moore (Debbie Joy's grandmother)

CREAMED ONIONS

Cut and peel small onions; cook in salted water in medium saucepan, almost covered, for 10 to 15 minutes or until you can stick. Pour water off and gently lift onions out of saucepan.

Make white sauce to pour over onions.

½ stick margarine
Heaping Tbsp. flour

Salt and pepper
1½ c. milk

After sauce is smooth, put onions in this mixture.

Nancy L. Renick (Tiffany D. Pedro)

TOMATOES STUFFED WITH CORN

4 firm ripe tomatoes (large)
1 c. cooked white shoe peg corn
1 Tbsp. chopped onion
¼ green pepper, chopped
1 pimento, chopped (optional)

½ tsp. salt
⅓ c. French dressing
Lettuce
Mayonnaise

1. Core and peel the tomato. Remove pulp leaving a wall. Turn cups upside down to drain. Chop pulp and drain in a sieve.

2. Add pulp to corn, onion, green pepper, pimento, and salt.

3. Add French dressing to the vegetables and fill cups; chill.

4. Serve on lettuce with a dab of mayonnaise.

Lynn VanDelinder (Laura VanDelinder)

BROILED TOMATOES

¼ c. mayonnaise
¼ c. grated Parmesan
¼ c. green onions (white part only)
2 tsp. minced parsley

2 ripe tomatoes (large), sliced into thirds or 3 smaller tomatoes, halved

Preheat broiler. Combine all ingredients, except tomatoes, in a small bowl and blend well. Gently spread mixture about ¼ inch thick on tomatoes. Broil 4 inches away from heat source 2 to 3 minutes or until lightly browned. Watch carefully so that top does not burn. Serve immediately. Yield: 6 servings.

Diana Hudson (Heather McQueen Hudson)

ZESTY VEGETABLE TRAY

2 new potatoes, cooked and sliced
3 medium size yellow squash,
sliced
3 hard cooked eggs, sliced
1 medium cucumber, sliced
3 medium tomatoes, sliced
Salt and freshly ground pepper to
taste

1 - 2 cloves garlic, minced
Chopped parsley
1/3 c. vinegar
2/3 c. peanut oil
Parsley

Arrange vegetables in alternate rows on a tray; season with salt and pepper. Sprinkle with garlic and parsley. Combine vinegar and oil in a jar; tighten lid securely and shake well. Pour over vegetables. Garnish with parsley. Serves 8.

Lynn Morris (Tiffany Morris)

POTATO PANCAKES

2 lb. raw potatoes, grated
1 egg

1 c. white flour
1 Tbsp. salt

Mix all ingredients. Heat oil or shortening in skillet. Drop by spoonful just like hot cakes. Brown on both sides.

Elsie Fair (friend of Kim Kimball)

POTATO SALAD MADE WITH INSTANT POTATOES

Pkg. instant potatoes
1/2 c. chopped onion
1/2 c. sweet pickle relish

1/2 c. Miracle Whip
1 tsp. mustard
3 tsp. pickle juice from dill pickles

Follow directions on package to make 2 cups potatoes. Stir into hot mixture all ingredients.

Susan Balderrama (Melanie Mathis' mother)

CANDIED SWEET POTATOES

6 lb. cooked or canned sweet
potatoes
1 c. brown sugar
1/4 c. corn syrup

1/4 c. butter
1/4 c. lemon juice
Salt and pepper to taste

Spread sweet potatoes in a 9x13 inch baking dish. Top with brown sugar and corn syrup. Pat with butter. Sprinkle with lemon juice and season to taste with salt and pepper. Bake, uncovered, at 375° for 10 minutes, basting often. Turn potatoes and bake 30 minutes longer, basting often. Makes 20 servings.

Carolyn Hull (Michelle Hull)

OVEN HASH BROWNS

2 lb. frozen hash browns
1 can cream of chicken soup
2 ctn. sour cream (small)
2 c. grated Cheddar cheese

½ c. onion, grated
½ c. oleo, melted
Crushed potato chips or Parmesan
cheese

Mix together all ingredients, except oleo and potato chips. Put in baking dish and drizzle melted oleo on top. Sprinkle with potato chips.

Virginia Moore (friend of Shannon Robertson)

COMPANY POTATOES

2 lb. frozen hash browns
1 can cream of potato soup
1 can cream of celery soup
¼ c. chopped onion
¼ c. chopped green pepper

½ tsp. salt
½ tsp. pepper
1 (8 oz.) ctn. sour cream
1 c. milk
1 c. grated cheese

The night before serving, put frozen hash browns in a 9x13 inch pan. Mix rest of ingredients and pour over potatoes. Cover and refrigerate overnight. Bake at 350° for approximately 1½ hours.

Lisa Whinery (sister of Shannon Robertson)

COMPANY POTATO CASSEROLE

2 (10 oz.) pkg. frozen hash brown
potatoes
½ c. butter, melted
1 tsp. salt
¼ tsp. pepper
½ c. chopped onion

1 c. cream of chicken soup
(undiluted)
1 pt. sour cream
2 c. Cheddar cheese, grated
2 c. crushed corn flakes, mixed with
¼ c. melted butter

Defrost potatoes. Mix all ingredients thoroughly; put in greased casserole. Cover with corn flake crumbs. Bake at 350° for 45 minutes.

Can be prepared the day before and put in refrigerator. This is a delicious company dish, but can be halved for a family. Serves 12.

Lillian Mueller (Traci Mueller)

COTTAGE POTATOES

10 - 12 potatoes
½ lb. cream cheese
1 c. melted butter
1 large onion
1 slice fresh bread, diced

2 Tbsp. salt
1 small can pimento
1 green pepper
Parsley
½ c. crushed corn flakes

Boil potatoes with skins on. Cool and peel. Mix together cream cheese and melted butter; add the cream cheese mixture, diced onion, fresh bread dices, salt, pimento, and green pepper to the potato slices. Put in a baking dish. Cover top with crushed corn flakes. Bake 1 hour at 400°. Sprinkle with parsley after cooked.

Diann Angelocci (Donna Angelocci)

UNCLE AL'S POTATOES

1 (5 lb.) bag potatoes
2 pt. heavy cream

1 lb. grated Cheddar cheese

Boil potatoes (in skin) about 20 minutes. Cool, peel and dice. Put in top of double boiler with cream. Simmer 2 hours, turning occasionally, until cream gets gummy. Season with salt and pepper if desired. Put into 2 pie plates and cover with cheese. Heat in 325° oven and then broil to melt cheese.

Al DeWitt (Tammy DeWitt)

STUFFED POTATOES

4 medium or large potatoes,
washed and pricked all over
1 Tbsp. chives or chopped green
onions

2 Tbsp. butter
1 Tbsp. crumbled bacon bits
Salt and pepper
Dash of paprika

Bake the potatoes on HIGH in the microwave for 10 or 15 minutes or until they "squeeze soft" without overcooking and drying them out. Cut in halves lengthwise. Scoop out and mash in the remaining ingredients. Refill potato shells heaping full. Sprinkle with paprika and serve.

Quick and easy and impressive with guests.

Jeannie Hall (Christina Hall)

WILD RICE CASSEROLE

1 can chicken and rice soup
1 small can mushrooms (undrained)
½ c. water
1 bay leaf
2½ Tbsp. finely chopped onion
3 Tbsp. salad oil

1 lb. or more lean ground meat
¼ tsp. celery salt
¼ tsp. onion salt
¼ tsp. pepper
¼ tsp. paprika

Partially cook 1 box of Uncle Ben's wild rice. Place in a 2 quart casserole; add soup, mushrooms with liquid, water, and seasonings. Mix gently and let stand. Saute onion until glossy; remove and add to casserole. Brown and drain meat and add. Bake, covered, 1 hour at 350°.

Heather Hartman (Cora Hartman)

BROWN RICE

1 c. rice
1 stick butter
1 can onion soup

2 chicken bouillon cubes
2 Tbsp. Parmesan cheese

Mix all ingredients; add ½ can of water if not soupy (should be soupy). Bake 1 hour at 350°.

Tresha Steffens (Stacy Steffens)

GREEN RICE

6 c. cooked rice
1 large jar Cheez Whiz
1 large onion, chopped and sauteed
in butter
1 pkg. chopped broccoli, cooked
according to instructions on
pkg.

1 can Campbell's cream of
mushroom soup

Combine the preceding ingredients in a large pot. It's ready to eat immediately or it is even better if you store it overnight in the refrigerator and reheat to serve.

Jill Locke (Dawn Hall's mother)

MEXICAN RICE

3 Tbsp. oil (or bacon drippings)
1 medium onion, chopped
1 c. uncooked rice (not Minute
variety)
1 bell pepper, chopped

2 tsp. chili powder
1 can tomatoes
1 tsp. salt
Boiling water

Saute onion in oil. Add rice; stir constantly until browned. Add pepper, chili powder, tomatoes, and salt. Cover well with boiling water. Cover tightly and cook slowly, without stirring, until rice is tender and flaky.

For main dish, add 1/2 can English peas and 2 cups cooked, boned chicken.

This recipe was taken from the First Methodist Church Cookbook from Gonzales, Texas. It was printed around 1964. I received it as a wedding gift.

Karen Jones (Jana Jones)

SPANISH RICE

1 lb. ground beef
1 1/2 c. rice
2 Tbsp. butter or oil
3/4 c. chopped onion
1/2 c. chopped green pepper
2 small cloves minced garlic

1 can condensed tomato soup
1 can whole tomatoes, diced
1/2 tsp. salt
Generous dash of pepper
1 small hot pepper, cut up

Brown meat in skillet; wipe out skillet and saute rice in hot butter until golden brown. Combine meat, rice, onion, green pepper, hot pepper, and garlic. Add soup, tomatoes and seasonings; mix well. Cook over low heat, covered, until rice is done. If put in a slow cooker, cook on LOW for 4 to 6 hours or on HIGH for 2 to 3 hours. Makes 8 servings.

Lisa Card (Jodie Perryman)

ZUCCHINI CASSEROLE

Zucchini
1 large onion
3 Tbsp. oil
8 oz. can tomato sauce

1/4 Tbsp. salt
Dash of garlic and pepper
3 Tbsp. grated Parmesan cheese

Put all ingredients in casserole dish (top with cheese). Heat gently on top of stove until cheese melts.

Susan Balderrama (Melanie Mathis' mother)

ZUCCHINI AND ONIONS

Onions, sliced
Butter
Zucchini, sliced and cooked

Dry white wine
Swiss cheese

Exact amounts don't matter. Slowly fry slices of onion in butter until limp, not browned. Add cooked zucchini slices and 1/4 to 1/2 cup wine. Salt and pepper to taste. Let wine just come to boil and then top with Swiss cheese. Cover frying pan to allow cheese to melt. May be eaten immediately or kept up to 1/2 hour.

Nancy Dernier (Tammy DeWitt)

BROCCOLI CASSEROLE

3 pkg. frozen broccoli, cooked and
drained
1 can mushroom soup
1 c. shredded sharp cheese

1 c. mayonnaise
2 Tbsp. minced onion
2 well beaten eggs
1 c. crushed Ritz crackers

Mix mushroom soup, cheese, mayonnaise, and onion. Fold in eggs and broccoli. Top with crackers. Bake at 350° for 45 minutes.

Christa Henry (Emma Lee Henry)

BROCCOLI AND RICE CASSEROLE

1/4 c. chopped onion
1/2 c. chopped celery
3 Tbsp. melted butter
2 (10 oz.) pkg. frozen broccoli,
cooked and drained

1 (10 3/4 oz.) can cream of chicken
soup
2/3 c. milk
1 (8 oz.) jar process cheese spread
2 c. rice, cooked

Saute onion and celery in butter. Add all other ingredients, except rice. Simmer until tender. Add rice and spoon into 2 quart casserole. Bake at 350° for 30 minutes. Makes 6 to 8 servings.

Elizabeth McCormick (Tracy McCormick)

MARINATED CARROTS

2 lb. carrots, peeled and cut
1 large onion, sliced in rings
1 large green pepper, sliced in rings
1 can tomato soup (undiluted)
1 c. sugar

1/2 c. salad oil
3/4 c. vinegar
1 tsp. salt
1 tsp. pepper

Cook carrots in boiling water until tender; drain and cool. Combine with other vegetables. Combine other ingredients and bring to a boil, stirring to dissolve sugar. Pour hot mixture over vegetables; cool. Cover and refrigerate overnight.

Sherry Grimes (Mindy Harris' aunt)

CARROT CASSEROLE

1 1/2 c. diced carrots
1 small chopped onion
1/2 c. water
Salt to taste

1 Tbsp. honey
2 Tbsp. dill weed, snipped
1 egg, beaten
1/2 c. sliced, blanched almonds

Place carrots in saucepan with onion, water and salt. Bring to a boil; cover and simmer until tender, approximately 20 minutes. Add honey, dill and egg to carrots. Place in oiled baking dish. Sprinkle almonds over top. Bake at 350° for 15 minutes.

Judy Magnuson (Vicki Magnuson)

SQUASH SOUFFLE

1 lb. yellow squash
1/4 c. onion
2 Tbsp. green pepper
1/2 tsp. salt

1 Tbsp. cornstarch
1/2 c. milk
1 beaten egg
Bread crumbs

Cook squash, onion, green pepper, and salt together in small amount of water until tender. Drain squash and mash well. Blend cornstarch with milk. Add beaten egg. Combine all ingredients. Put in buttered casserole dish and top with bread crumbs. Bake at 350° for 30 to 40 minutes.

Elnora Melber (Traci Mueller's grandmother)

SQUASH CASSEROLE

3 lb. yellow squash
6 medium carrots
1 large onion
2 cans cream of mushroom soup

2 sticks butter
1 pkg. Pepperidge Farm herb dressing

Cut up vegetables; cook until tender and drain off water. Add mushroom soup to vegetables; set aside. Melt butter and mix with dressing. Save some dressing for topping. Fold sour cream in vegetables and pour over dressing. Top casserole with remaining dressing. Bake 30 minutes at 350°.

Bernice Cole (Dawn Hall's grandmother)

SQUASH CASSEROLE

6 - 8 medium squash, washed and sliced

1 large onion, chopped

Cook squash and onion together in 1 1/2 cups water until tender. Add salt, pepper and celery flakes to taste. When tender, drain water off and mash vegetables with a potato masher.

Add to squash and beat:

2 eggs
1 can cream style corn

1 c. grated Cheddar cheese
1 c. cheese cracker crumbs

Pour into greased casserole. Top with more crumbs, grated cheese and dot with butter. Bake at 325° for 45 minutes.

Tommy Fullilove (Aimee Fullilove)

SUMMER SQUASH CASSEROLE

**2½ c. cooked, mashed and drained
yellow squash**
1 c. sweet milk, scalded
1 c. soft bread crumbs
2 eggs, beaten

8 oz. sharp Cheddar cheese, grated
1 small onion, chopped
½ Tbsp. baking powder
1 tube Ritz crackers, crushed
¼ c. melted butter or margarine

Mix all the ingredients, except for the cracker crumbs and butter. Put into well greased 13x9 inch casserole pan. Top with crumbs that have been mixed with the melted butter. Bake, uncovered, for 40 to 45 minutes at 350°. Serves 12.

Lynn VanDelinder (Laura VanDelinder)

SQUASH CASSEROLE

2 lb. yellow squash
¼ c. chopped onion
1 can chicken or celery soup
1¼ c. sour cream

1 c. shredded carrots
**1 (8 oz.) pkg. herb stuffing mix
(Pepperidge Farm)**
½ c. melted butter or margarine

Cook squash and onion in boiling water for 15 minutes; drain. Combine soup and sour cream. Stir in carrots; fold in squash and onion. Combine stuffing mix with butter. Spread half of stuffing mixture in bottom of 12x7x2 inch cooking dish. Spoon vegetable mix on top. Add ¼ cup grated Cheddar cheese; add remaining stuffing mix over vegetables and cheese. Bake at 350° for 30 to 35 minutes, until bubbly. Freezes well; good warmed in microwave. Good hot or reheated.

Carolyn Therrell (Allyson Therrell)

SQUASH BISQUE

½ c. butter
1 large chopped onion
2 medium sliced potatoes
2 sliced carrots
¼ tsp. cayenne

3 cans chicken broth
1 Tbsp. salt
1 c. whipped cream
**4 c. fresh yellow squash, sliced or 2
pkg. frozen, defrosted squash**

Melt butter and saute onion in Dutch oven. Add all other vegetables, chicken broth, salt, and pepper. Cook until tender and puree in blender. Return to pot and add cream. Heat thoroughly. Sprinkle with cayenne. Serve warm.

Lisa Card (Jodie Perryman)

CALICO BEANS

(Crock pot)

½ to 1 lb. lean ground beef	1 c. ketchup
½ lb. bacon, cut in small pieces	¼ c. brown sugar
1 c. chopped onion	1 Tbsp. liquid smoke
2 (1 lb. 15 oz.) cans pork and beans	3 Tbsp. white vinegar
1 (1 lb.) can kidney beans, drained	1 tsp. salt
1 (1 lb.) can lima beans, drained	Dash of pepper

Brown ground beef in skillet; drain off fat and put beef in crock pot. Brown bacon and onion; drain off fat. Add bacon, onion and remaining ingredients to crock pot. Stir together well. Cover and cook on LOW for 4 to 6 hours.

This recipe freezes well. Also, this recipe can be made on the stove and simmered for 1½ to 2 hours. Either way, it is *delicious*. This recipe is hearty enough to be a main dish. Just serve with a tossed salad and bread.

Diane Snyder (friend of Shannon Robertson)

MARDI GRAS BEANS

1 lb. dried red kidney beans or pinto beans	⅛ tsp. black pepper
2 qt. cold water	3 Tbsp. green onion tops, very thinly sliced
2 medium yellow onions, chopped	3 Tbsp. minced parsley
2 tsp. salt	2½ c. rice
2 celery stalks, minced	¼ lb. smoked ham (ham hock or sausage)
¼ - ½ tsp. cayenne pepper	

Add to beans and water, onions, green pepper, celery, ham, salt, cayenne pepper, and black pepper. Bring to boil over high heat. Cover and simmer 2½ to 3 hours. Uncover; cook on low 2½ to 3 hours, stirring frequently. Stir in onion tops and cook, uncovered, for 10 minutes. Mix in parsley and cook 10 minutes more. Serve over rice. Sausage can be added.

Heather Hartman (Cora Hartman)

BAKED BEANS

3 cans pork and beans	¾ c. barbecue sauce
1 c. onions	½ c. brown sugar
6 slices bacon	2 Tbsp. mustard

Cook bacon and drain on paper towel. Saute onions in bacon drippings. Crumble bacon and mix with pork and beans. Add other ingredients. Bake at 425° for 45 minutes to 1 hour.

Diane Randle (Ronda Randle)

SENATE NAVY BEANS

1½ lb. beans (navy)	¾ tsp. thyme
4 large chopped yellow onions	1½ bay leaves
1 large clove garlic	1 chopped carrot
Some parsley flakes	½ lemon or 3 tsp. juice

Add 1 pound ham hock; cover and cook slowly for about 3 hours if beans are soaked overnight, if not, all day. Remove ham hock; remove 1½ pounds beans. Puree and add back to pot.

Lynne Harden (Heather Hudson's friend)

FIVE BEAN CASSEROLE

Brown and cut up ½ pound bacon.

Saute in all of bacon grease:

2 large onions, chopped

1 or 2 bell peppers, chopped

After browning, add and simmer 20 minutes:

½ c. brown sugar

1 tsp. garlic powder

½ c. vinegar

1 Tbsp. dry mustard

Add all of the preceding to the following (all of the beans are canned):

1 (16 oz.) B & M baked beans

1 can butter beans

2 cans kidney beans, drained

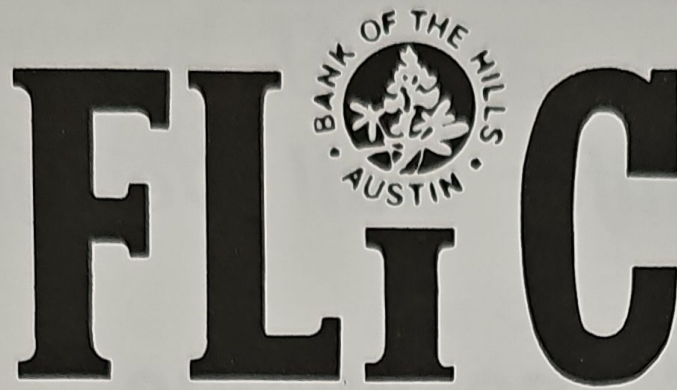
1 can pinto beans (with jalapeno)

2 cans lima beans, drained

Bake 1 hour at 350°.

Mary Sedwick Pinac (Nikki Butts)

Notes



The initials F.L.I.C. stand for the Free Loaders International Club, a volunteer community service organization, headquartered in Austin at the Bank of the Hills.

F.L.I.C. is 24 members strong and each member acts as an Ambassador of Good Will in the community. The organization collects no dues but raises all its money through suggestions, ideas and projects such as the F.L.I.C. 5,000. None of the proceeds of its various activities are kept within the club, but rather, F.L.I.C. distributes all to various needy charities. F.L.I.C. works year round to help organizations such as the U.S. Marines, Toys for Tots, Boy Scouts of America and others.

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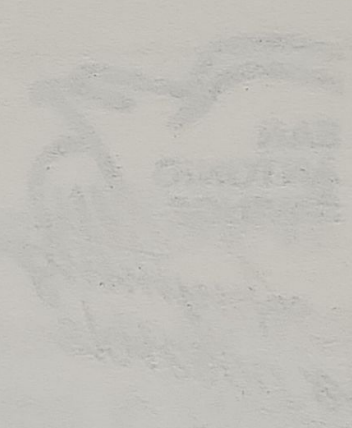


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Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10 inch) ribs	4	1 ¾	140° (rare)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2 ½	170° (well done)
	8	2 ½	140° (rare)
		3	160° (medium)
		4 ½	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2 ½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3 ¾	160° (medium)
		4	170° (well done)
Rolled rump ²	5	2 ¼	140° (rare)
		3	160° (medium)
		3 ¾	170° (well done)
Sirloin tip ²	3	1 ½	140° (rare)
² Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2 ¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3 ½	180° (well done)
	8	4	175° (medium)
		4 ½	180° (well done)
VEAL			
Leg (piece)	5	2 ½ to 3	170° (well done)
Shoulder	6	3 ½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3 ½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2 ½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3 ½ hrs.
	12 to 16 lbs.	325°	3 ½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4 ½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2 ½ lbs.	400°	1 to 1 ½ hrs.
	2 ½ to 4 lbs.	400°	1 ½ to 2 ½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2 ½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

OVEN SCRAMBLED STRATA

2 c. diced ham
12 slices bread, cubed and crust removed
½ c. onion, chopped
½ c. green pepper, chopped

2 c. American cheese, diced
12 eggs, beaten until fluffy
4 c. warm milk
1 tsp. salt
2 Tbsp. bacon grease

Combine bread, onion, green pepper, ham, and cheese. Pour into long buttered casserole. Beat eggs and add milk, salt and bacon grease. Pour over bread mixture. Refrigerate overnight. Bake in 325° oven for 1 to 1½ hours. Cover casserole during the first 45 minutes of baking.

Joy Robertson (Shannon Robertson)

COLONIAL HAM BAKE

2 c. uncooked elbow macaroni (10 oz. pkg.)
4 c. water
1 Tbsp. salt
2 Tbsp. minced onion
¼ c. butter

¼ c. flour
1 c. milk
1 c. chicken stock or undiluted soup
½ lb. American cheese, grated
1 lb. ham, cut in ½ inch cubes

Cook macaroni until tender in salted boiling water; drain and rinse. Saute onion in butter; blend in flour. Add milk and chicken broth. Stir and cook until mixture thickens. Add cheese. Stir over low heat until cheese melts. Season. Combine sauce, macaroni, ham, and 2 tablespoons parsley. Pour into a greased 2½ quart casserole dish. Sprinkle with paprika. Bake at 350° for 45 minutes. Remove and let stand 10 minutes before serving. Serves 8 people.

Candy Moore (Missy Moore)

HAM AND POTATO CASSEROLE

2 c. sour cream (16 oz.)
1 medium onion, finely chopped
2 cans cream of chicken soup
2 c. grated cheese (mild Cheddar)
Salt and pepper to taste

½ c. melted butter or oleo
1 small jar diced pimento
2 lb. pkg. hash browns (frozen)
1 lb. diced ham or turkey ham

Mix ingredients together in order. Spray 9x13 inch baking dish with Pam. Put casserole ingredients in baking dish and bake at 350° for 45 to 60 minutes, until bubbly and starting to brown on top.

You can speed up the baking process by putting the package of hash browns in the microwave oven long enough to thaw them out.

Lynn VanDelinder (Laura VanDelinder)

HOT CRABMEAT SANDWICHES

1 small can crabmeat (pick through for shells)
1/2 c. sharp Cheddar cheese, grated
Dash of grated onion or onion powder

1/2 c. diced celery
Dash of cayenne
6 English muffins, split
Butter
Mayonnaise

Combine crabmeat, cheese, onion, celery, and cayenne. Mix in mayonnaise to desired spreading consistency. Spread each muffin half with butter. Top with crabmeat mixture. Bake until bubbly at 350° for 20 minutes. Serve hot with fruit salad and perhaps white wine, German or Chablis.

Lisa Whinery (Shannon Robertson's sister)

BROCCOLI BREEZE WITH CRABMEAT

1 (20 oz.) pkg. chopped broccoli
1 (6 oz.) box frozen crabmeat, thawed
1 can cream of celery soup
1 c. mayonnaise

8 oz. grated Cheddar cheese
2 eggs, beaten
Cheese flavored crackers, crumbled or buttered soft bread crumbs

Cook broccoli about 4 minutes; drain. Add all remaining ingredients, except crumbs. Mix thoroughly and pour into a buttered baking dish. Sprinkle crumbs on top. This can be made the day before and refrigerated until ready to cook. Bake at 350° for 40 minutes. Serves 8. *It's a breeze to make.*

Betty Gilbreath (Nikki Butts' grandmother)

FISH CASSEROLE

1/4 c. butter
1/2 c. chopped celery
1 medium chopped onion
1 medium green pepper, chopped
3 Tbsp. flour
3/4 c. milk
1 can condensed cream of mushroom soup

1/4 tsp. Tabasco sauce
1 tsp. Worcestershire sauce
3 oz. Velveeta cheese, cubed
2 c. fish, cut into 1 inch sq.
1 Tbsp. dried parsley flakes

Melt butter in large saucepan. Add onion, celery and green pepper and cook until tender. Stir flour into vegetables. Blend in milk, soup, parsley, Tabasco sauce, and Worcestershire sauce. Cook, stirring until mixture boils and thickens. Add cheese and stir until melted. Add salt to taste. Add fish pieces. Place mixture in 2 quart buttered casserole dish. Cover with bread crumbs. Bake 1 hour at 350°.

Lisa Card (Jodie Perryman)

FISH WITH LIME MAYONNAISE

2 lb. fillets of sole, flounder or redfish, 1/2 to 3/4 inch thick
Salt and white pepper to taste
1/4 to 1/2 c. seasoned bread crumbs

6 Tbsp. butter
2 Tbsp. lime juice
3/4 c. dry white wine

Preheat oven to 375°. Season fish fillets with salt and white pepper. Arrange fish in a large, shallow baking dish. Sprinkle with bread crumbs, covering well. In a saucepan, combine butter, lime and wine. Simmer 5 minutes. Pour sauce over fish. Bake 20 minutes. Remove from oven and turn on broiler. Broil 5 minutes or until bread crumbs are crusty. Serve with Lime Mayonnaise. Serves 6.

Lime Mayonnaise:

½ c. mayonnaise
2 tsp. Dijon mustard

2 Tbsp. lime juice

Combine all ingredients. Beat until smooth. Serve with fish.

Jan Petter (Traci Fulford's mother)

BAKED FISH WITH RED SAUCE

3 Tbsp. chopped onion
3 Tbsp. chopped green pepper
1 Tbsp. vegetable oil
1 (8 oz.) can tomato sauce
2 Tbsp. brown sugar
2 Tbsp. lemon juice

¼ tsp. Worcestershire sauce
1 (1 lb.) pkg. frozen perch fillets or
fresh catfish, thawed
½ tsp. salt
¼ tsp. pepper

Saute onion and green pepper in oil in a heavy saucepan until tender. Stir in next 4 ingredients. Bring to a boil; cover and reduce heat. Simmer 15 minutes, stirring occasionally. Place fish fillets in a greased 12x8x2 inch pan. Sprinkle with salt and pepper. Spoon sauce on top. Bake, uncovered, at 350° for 10 to 15 minutes. Makes 4 servings.

Carolyn Therrell (Allyson Therrell)

TORTUGA'S CEVICHE

1 lb. red snapper
2 cloves garlic, crushed
2 small serrano peppers, chopped
1 c. lime juice (enough to cover fish)
¼ c. tomatoes, chopped

¼ c. onions, chopped
1 Tbsp. cilantro, chopped
½ c. olive oil
Salt and pepper to taste

Chop fish into ¼ - ½ inch squares (not very thick). Marinate the pieces in the garlic, salt and pepper, serrano peppers, and lime juice for 5 to 7 hours at room temperature. Just before serving, add tomatoes, onions, and cilantro and toss in olive oil. Serves 5.

Sue Walker (Lynanne Walker)

OKRA SHRIMP CREOLE

3/4 c. chopped green pepper
1 c. diced celery
1 large onion, chopped
1/2 c. melted butter
1/2 tsp. sugar
2 tsp. salt
1/4 tsp. hot sauce
1/4 tsp. black pepper
1/4 tsp. cayenne pepper
2 tsp. Worcestershire sauce
2 Tbsp. all-purpose flour

1 c. water
1 c. tomato sauce
1 (12 oz.) can cocktail vegetable juice
1 (16 oz.) can okra and tomatoes
1 (8 oz.) can tomatoes, pureed
2 lb. shrimp, peeled and deveined
1/2 c. water chestnuts, sliced
Hot cooked rice
Parsley

Saute green pepper, celery, and onion in butter. Add seasonings and flour, blending well. Stir in water, tomato sauce, vegetable juice, okra, tomatoes, and pureed tomatoes; simmer 20 minutes. Stir in shrimp and water chestnuts and simmer 10 to 15 minutes longer. Serve over rice and garnish with parsley. Yield: 8 to 10 servings.

Lynn Hunt (friend of Shannon Robertson)

MARINATED SHRIMP WITH MUSHROOMS AND OLIVES

1 lb. fresh mushrooms, quartered
1 c. water
1/3 c. olive oil
2/3 c. vinegar
1/2 tsp. thyme leaves
1/2 tsp. peppercorns
1/8 tsp. nutmeg

3/4 c. small pimento stuffed olives
2 lb. medium shrimp, cleaned and cooked
2 Tbsp. lemon juice
1 1/4 tsp. salt
2 cloves garlic, halved
2 bay leaves

Combine mushrooms, water, oil, vinegar, lemon juice, and seasonings in saucepan. Bring to a boil and cook, covered, 5 minutes. Pour into a bowl; add olives and shrimp and cool. Cover and chill 6 to 8 hours or overnight before serving.

Carolyn Therrell (Allyson Therrell)

SHRIMP OR CRAB LORENZO

1 c. chopped green onions
3/4 c. chopped celery
1/2 c. butter
3 Tbsp. flour
2 c. light cream
1 small can Parmesan cheese
1/2 tsp. nutmeg

1/2 tsp. paprika
Dash of red pepper
Dash of black pepper
Salt to taste
1 lb. shrimp, cooked
Cooked rice or thin toast

Saute onions and celery in butter until barely tender; add flour, stirring until well blended in melted butter. Add cream, cheese, nutmeg, paprika, red and black peppers, and salt. Approximately 30 minutes before serving, add cooked shrimp. Serve over cooked rice or toast. Good served as hot dip in chafing dish over toast points.

Shari Brady (Bridget Brady)

SHRIMP ETOUFFEE

6 Tbsp. butter
1/4 c. flour
3/4 c. chopped onion
3/4 c. chopped green pepper
1/2 c. chopped celery
1 Tbsp. chopped garlic
2 c. peeled and deveined shrimp
1 tsp. salt

1/4 tsp. pepper
1/4 tsp. cayenne
1 tsp. fresh lemon juice
1/2 c. chopped green onions
1 Tbsp. chopped parsley
1 c. cold water
2 c. hot water
Boiled rice for 4 persons

Chop all ingredients first. You cannot chop vegetables and stir a roux (sauce) at the same time. Once you have everything ready to go, make a medium roux (about the color of pecans) of the butter and flour, stirring and cooking over low heat. Add the onion, green pepper, celery, and garlic. Cook over low heat 20 minutes, stirring or until the vegetables are glazed and tender. Add the rest of the ingredients, except water and rice and mix well. Gradually add 1 cup cold water. Bring to a boil and simmer 8 minutes or until shrimp are done. If there is not enough liquid, add the hot water to thin. Serve over the rice.

Sue Walker (Lynanne Walker)

FRESH SHRIMP OR SCALLOPS WITH AVOCADOS

1 1/2 - 2 lb. fresh scallops or medium shrimp
2 sticks butter
6 scallions, chopped
1 1/2 c. brut champagne
3 medium avocados, sliced

1 fresh lemon
Parmesan cheese
Salt and pepper
1 1/2 lb. rossi pasta (homemade pasta)

Put on 5 quarts of water to boil. In large frying pan on medium high, melt butter and saute scallions for 20 seconds. Add champagne and heat to mild boil; add seafood. Squeeze in juice of 1/2 lemon. Cook for 2 minutes. Add avocados; toss lightly. Saute 30 seconds and remove from heat; cover.

Drop pasta into rapidly boiling water. Stir once or twice; cook to directions on back of package. Drain pasta; don't rinse. Combine everything and add Parmesan cheese, salt, pepper, and lemon juice to taste.

Tommy Fullilove (Aimee Fullilove)

SHRIMP WITH SNOW PEAS

Use 2/3 pound fresh shrimp; shell and devein shrimp. Rinse and pat dry with a paper towel.

Marinade:

1 1/2 tsp. dry sherry
1/2 tsp. salt
1/2 tsp. ground ginger or minced fresh ginger root

1 1/2 tsp. cornstarch
1 tsp. sesame oil
1/2 c. vegetable oil
1 garlic clove, crushed

Combine marinade ingredients in a medium bowl. Add shrimp; mix well. Let stand 30 minutes. Pat dry with a paper towel.

Seasoning Sauce:

1 Tbsp. chicken broth
3 Tbsp. water

½ tsp. cornstarch
3 Tbsp. oyster sauce

Combine ingredients for Seasoning Sauce in a small bowl; mix well. Heat oil in a wok for 30 seconds. Add shrimp; stir-fry about 30 seconds, until shrimp are pink. Remove from wok with a slotted spoon, draining well over wok.

Add to oil in wok:

¼ tsp. salt
½ lb. fresh snow peas or 2 pkg.
frozen snow peas

Stir-fry over high heat 30 seconds. Add Seasoning Sauce. Stir-fry until sauce thickens slightly. Add cooked shrimp. Stir-fry to coat shrimp with sauce. Serve hot with wild rice and a green salad.

Betty Gilbreath (Nikki Butts' grandmother)

MEAT BALLS AND SPAGHETTI SAUCE

1 lb. lean ground beef
1 egg
¼ c. milk
1 Tbsp. parsley flakes
1 Tbsp. basil leaves
½ tsp. salt
½ tsp. pepper
1 Tbsp. Romano cheese (optional)
1 clove garlic

**Olive oil (just enough to cover
bottom of large pot)**
1 (8 oz.) can tomato paste
1 tsp. sugar
2 (15 oz.) cans tomato sauce
2 bay leaves
1 tsp. Italian seasoning
Salt and pepper to taste

Combine first 8 ingredients in bowl and mix with spoon until mixture leaves sides of bowl. Mix with hands 5 or 6 times. (If mixture is too sticky, add bread crumbs until desired consistency.) Brown clove of garlic in olive oil. Remove clove and throw away. Form meat balls and brown on both sides. Add 1 can of tomato paste plus 1 equal can of water and 1 teaspoon sugar sprinkled slowly and evenly over the meat balls. Place lid on pot and simmer for 15 minutes. Add tomato sauce, salt and pepper to taste, Italian seasoning, and bay leaves; stir. Cover and simmer over low heat for 2 hours.

Recipe may be doubled. This recipe tastes even better the day after and also freezes well (if you have any left over).

Diane Snyder (friend of Shannon Robertson)

MEAT BALLS

Meat:

1 lb. beef
½ c. Parmesan cheese
1 clove garlic, chopped
2 eggs

1 c. bread crumbs
1 sprig parsley
½ c. milk
Salt and pepper

Mix together and roll into balls. Bake on ungreased cookie sheet for 20 to 25 minutes.

Sauce:

1 onion, chopped
3 Tbsp. shortening
2½ c. tomatoes
½ tsp. pepper

1 Tbsp. sugar
1 tsp. salt
2 c. water
½ bay leaf

Mix together and simmer on low for 1 hour. Add cooked meat balls to sauce and simmer for 30 minutes.

Gay Kruemcke (Marla Hiller)

ITALIAN MEATBALLS AND SAUCE

Meatballs:

1 lb. ground beef
½ c. bread crumbs
2 eggs
6 Tbsp. grated cheese

½ tsp. salt
¼ tsp. pepper
4 Tbsp. milk

Mix and form into balls. Brown on each side in fry pan or cook on sheet in microwave until done. Add to sauce and simmer for 20 to 30 minutes.

Sauce:

1 small chopped onion
4 Tbsp. olive oil
1 tsp. basil leaf, bay leaf or oregano
2 (16 oz.) cans tomatoes (pear shaped are good), strained (if don't want seeds)

1 can small tomato paste
1 clove garlic
1 tsp. sugar or 1 grated carrot
Salt and pepper

Brown onion and garlic in oil. Add tomatoes, paste and a little water. Add sugar or carrot, salt and pepper, and oregano. Simmer for about 1 to 1½ hours on stove or in microwave for 45 minutes to 1 hour. Serve with meatballs and spaghetti or use as sauce for lasagna.

Meatballs can be used as appetizers if removed from sauce and served with toothpicks.

Janice Kimball (Kim Kimball)

LASAGNA

1½ lb. ground beef
1 onion, chopped
1 (28 oz.) can tomatoes
1 small can tomato paste
2 tsp. sugar
1 or 2 cloves garlic, minced
1 bay leaf

¼ to ½ tsp. oregano
Salt and pepper
Lasagna noodles
1 egg
½ lb. cottage cheese
Mozzarella cheese

Brown ground beef and onion; add next 7 ingredients and cook as long as possible, at least 6 hours on low heat, until tomatoes cook down to a thick chili type sauce. Cook noodles as directed on box; drain. Beat egg into the cottage cheese; set aside.

Grease casserole (long pan); layer as follows - noodles, sauce, cottage cheese, and Mozzarella cheese. Make 2 layers. Bake at 375° for 25 minutes or until browned.

A great recipe for the family and/or get togethers. Super for freezing too!
Jeannie Hall (Christina Hall)

CHICKEN AND RICE LA MANCHA

1 c. uncooked rice
1 small onion, chopped
1 (2 or 4 oz.) can mushrooms
1³/₄ - 2 c. chicken broth
1 pkg. frozen shrimp

1 pkg. frozen peas and onions
1/4 tsp. oregano
2 tsp. curry powder (or to taste)
Boiled chicken pieces
3 Tbsp. butter or bacon drippings

Saute rice, onions and mushrooms in 3 tablespoons butter or bacon drippings. Add chicken broth and seasonings and simmer until done. Add peas and onions and cook 5 minutes more. Add shrimp and chicken and cook 5 to 10 minutes more. Serves 6 to 8.

Pat Wilson (Jennifer Wilson)

CHICKEN CORDON BLEU

4 whole chicken breasts, split,
boned and skinned
8 (1 oz.) slices cooked ham
8 (1 oz.) slices Swiss cheese
3 tsp. minced fresh parsley

1/4 tsp. pepper
1 egg, beaten
1/2 c. Italian bread crumbs
1/4 c. butter

Using meat mallet, flatten chicken to 1/4 inch thickness. Salt and pepper. Combine egg and milk; dip chicken in milk mixture. Place a piece of ham and a piece of cheese in the center of each piece of chicken. Brush milk mixture on top of cheese slices. Fold breasts over, securing edges with a toothpick. Dredge chicken in flour; dip again in milk and coat with bread crumbs. Chill 1 hour.

Brown chicken in butter; bake at 350° for 30 minutes.

Deanna Hart (Kim Kimball)

HOISIN CHICKEN

4 chicken breasts, boned, skinned
and cut into bite-size pieces
1/4 c. sherry
2 Tbsp. cornstarch
1 tsp. salt
1/2 tsp. sugar
4 Tbsp. oil

1 c. sliced mushrooms
8 oz. can water chestnuts
1 green pepper, chopped
1/2 c. cashews
1/3 c. hoisin sauce
Tomato, cut into wedges

Combine chicken, sherry, cornstarch, salt, and sugar; set aside. In electric wok, add 1 tablespoon oil and heat to 350°. When hot, stir in mushrooms, chestnuts and green pepper. Stir-fry until tender but crisp. Remove and set aside. Add remaining oil. Stir in chicken mixture and stir-fry until chicken turns white. Stir in mushroom mixture, cashews and hoisin sauce. Stir-fry for 2 minutes and garnish with tomato wedges. Serve immediately. Serves 4.

Margie Gilbert (Jennifer Hart's mom)

MEXICALI CHICKEN

Doritos
1 can cream of mushroom soup
 $\frac{2}{3}$ c. milk
Salt to taste
2 (3 oz.) pkg. cream cheese
1 c. cream style cottage cheese
 $\frac{1}{2}$ tsp. poultry seasoning
 $\frac{1}{3}$ c. sliced stuffed olives

$\frac{1}{3}$ c. chopped onions
1 small can chopped green chilies
1 chicken, cooked and deboned
2 c. grated Cheddar cheese
 $\frac{1}{4}$ c. bread crumbs
 $\frac{1}{4}$ c. pimentos
 $\frac{1}{4}$ c. Parmesan cheese

Mix soup, milk and salt together. Cook over low heat until smooth. Stir in crumbled cream cheese, cottage cheese, poultry seasoning, olives, onions, chilies and chicken. Arrange in layers as follows - $\frac{1}{2}$ Doritos, $\frac{1}{2}$ chicken mixture, $\frac{1}{2}$ grated Cheddar cheese. Repeat layers. Sprinkle with bread crumbs, pimentos and Parmesan cheese. Bake at 350° for 30 minutes. Serves 8.

Lisa Whinery (sister of Shannon Robertson)

SOUR CREAM CHICKEN ENCHILADAS

2 pkg. chicken breasts (boneless),
chopped or 1 whole deboned
chicken
1 c. chopped green onion
1 can chopped green chiles
2 cans cream of chicken soup
(undiluted)

2 lb. Monterey Jack cheese (can use
1 pkg. only)
1 pt. sour cream
 $\frac{1}{4}$ c. oil
2 cans green enchilada sauce
2 doz. corn tortillas

Stir-fry chicken in $\frac{1}{4}$ cup oil. Add onions and chiles and cook. Add sauce and soup and heat. Add sour cream and heat but don't boil. Add $\frac{1}{4}$ teaspoon garlic powder (optional). Soften corn tortillas in oil. Put $\frac{1}{2}$ cup sauce in bottom of two 9x13 inch glass casseroles or baking pans. Fill each tortilla with chicken sauce and 4 or 5 tablespoons cheese. Roll and place in pan. Makes 24.

Cover with remaining sauce and cheese. Microwave or cook. May decorate with black olives. May freeze before or after cooking.

Leticia Oppermann (Marla Hiller)

CHICKEN ENCHILADAS

1 whole chicken
1 onion
2 Tbsp. margarine
1 c. chicken broth
1 pkg. corn tortillas (12)

1 can cream of mushroom soup
1 can cream of chicken soup
1 can Ro-Tel tomatoes with green
chiles
1 lb. American cheese, grated

Boil chicken until tender. Pull meat off bones and cut into pieces. Chop onion and saute in margarine. Mix together soups, tomatoes, chicken broth, and onions; add chicken and mix well. Layer half of tortillas in 9x13 inch dish; top with half of chicken mixture and half of grated cheese. Repeat layers. Bake at 350° for 30 minutes.

Susan Balderrama (Melanie Mathis' mother)

MEXICAN CHICKEN CASSEROLE

Saute 1 large onion in butter.

Add:

1 small (8 oz.) can green chiles,
chopped

1 small can evaporated milk or 1/2
can water

2 cans cream of chicken soup

Salt and pepper to taste

Cook a whole chicken and remove meat from bones. Add chicken to soup mixture; mix well. In a 13x9x2 inch pan, place a layer of corn tortillas (1 dozen soft, cut into strips) and a layer of chicken mixture and a layer of grated cheese (1 pound Longhorn). Repeat layers finishing with cheese. Cook in 325° oven until cheese is bubbly.

Beth Prickett (Laura Prickett)

CHINESE BARBECUED CHICKEN

1 rotisserie chicken (about 2 1/2 lb.)

3 Tbsp. soy sauce

3 Tbsp. vinegar

1/4 c. honey

1 clove garlic, mashed

1/2 c. chicken broth

2 Tbsp. sherry (optional)

Leave chicken whole or cut it into serving portions. Arrange chicken in 13x9 inch baking dish. Blend remaining ingredients to make a basting sauce. Brush chicken with sauce. Bake at 350° for about 30 minutes, until hot and well glazed, brushing often with sauce. Serve remaining sauce over glazed chicken. Makes 4 servings.

Carolyn Hull (Michelle Hull)

SWEET AND SOUR BARBECUED CHICKEN

1 (8 oz.) jar apricot preserves

1 env. dry onion soup mix

1 (8 oz.) bottle Russian dressing

2 broiler chickens

Mix together sauce ingredients. Place chicken in large baking pan. Spoon sauce over chicken and bake at 350° for 1 1/2 hours. Serves 8.

Shari Brady (Teresa Brady)

MAMA'S SWEET AND SOUR CHICKEN (Skillet dinner)

1 can Chinese vegetables

1 green pepper

1 (6 - 8 oz.) can chunk pineapple

2 chicken breasts, cooked until
tender and deboned

1/4 c. soy sauce

2 Tbsp. corn starch

Cook green pepper in a little water until tender, about 10 minutes. Add all other ingredients; stir in corn starch. Cook until thickens; use all liquids. Add soy sauce last. Serve over chow mein noodles or rice. Substitute shrimp if you like.

Edith Giallombardo (Lynanne Walker's grandmother)

CHICKEN AND WILD RICE CASSEROLE

1/2 c. chopped green pepper
2 c. cooked chicken
1 (5 oz.) pkg. long grain and wild
rice
1 (4 oz.) can mushrooms
1 small onion, chopped
1 (10 3/4 oz.) can cream of mushroom
soup

1/2 c. milk
Salt and pepper to taste
1 can bamboo shoots, sliced
1 (2 oz.) jar chopped pimiento
(optional)

Cook rice according to directions; mix with remaining ingredients. Place in a 2 quart casserole. Bake, uncovered, at 350° for 30 minutes.

Shari Brady (Bridget Brady)

POPPY SEED CHICKEN CASSEROLE

Use 6 to 8 half chicken breasts which have been cooked with celery, onion and water. Debone chicken and cut up in pieces. Place pieces in bottom of casserole, 9x11 inches or larger depending on quantity of chicken.

Mix:

2 cans cream of chicken soup
1 (4 oz.) ctn. sour cream

2 tsp. poppy seed

Pour this mixture over the chicken. Crumble 1 package round Ritz crackers; melt 1 1/2 sticks butter and mix with the crumbs. Sprinkle over the top of soup mixture. Cook 30 to 40 minutes at 325°.

Tommy Fullilove (Aimee Fullilove)

CHICKEN-GREEN NOODLE CASSEROLE

1 (3 1/2 lb.) chicken
1 c. green pepper, chopped
1 c. onion (green kind), chopped
1 c. chopped celery
1 stick margarine
1/3 lb. American cheese, cut in
cubes

1 (6 oz.) can sliced mushrooms
1 (4 1/2 oz.) pkg. green noodles or
spinach noodles
1 c. cheese cracker crumbs
1 (10 1/2 oz.) can cream of mushroom
soup

Place cut up chicken in large saucepan and cover half with water; simmer until done. Do not overcook. Cool chicken; remove meat from bones and cut into bite-size pieces. Set aside; save broth. Saute pepper, onion and celery in margarine until tender. Add cheese and stir, melting the cheese. Add mushrooms and soup and mix well. Fold in the chicken.

Boil noodles in chicken stock. Drain and combine noodles in chicken mixture. Pour into a 2 quart casserole and top with crushed cheese crackers. Bake in a 325°F. oven for about 30 minutes or until hot through. Makes 8 servings.

This can be prepared the day before. Bake about 45 minutes to 1 hour. Also can be frozen before baking. Thaw and bake.

Nancy L. Renick (Tiffany D. Pedro)

HERBED CHICKEN

3 large chicken breasts (6 halves)
1 tsp. salt
1/4 tsp. pepper
1/4 c. butter or margarine
1 (10 1/2 oz.) can undiluted cream of chicken soup
3/4 c. white wine (more to taste)
1 (8 oz.) can drained, sliced water chestnuts (can use more)

1 (3 oz.) can broiled, sliced mushrooms (can use more)
2 Tbsp. chopped green pepper
1/4 tsp. thyme
1 Tbsp. minced dried onion
3 Tbsp. butter

Season chicken with salt and pepper. Brown on all sides in butter in a heavy frying pan. Arrange chicken, skin side up in a baking dish. Stir wine in slowly. Mix remaining ingredients. Add to chicken and heat to boiling; cover. Bake at 350° for 20 minutes. Uncover and bake 30 minutes longer. Serves 6.

Kathy Wells (Julie Wells)

CREAMY BAKED CHICKEN BREASTS

4 whole chicken breasts, split,
skinned and boned
8 (4x4 inch) slices Swiss cheese
1 can cream of chicken soup
(undiluted)

1/4 c. dry white wine
1 c. herb seasoned stuffing mix,
crushed
1/4 c. butter or margarine, melted

Arrange chicken in a lightly greased 13x9x2 inch baking dish. Top with cheese slices. Combine soup and wine, stirring well. Spoon sauce evenly over chicken and sprinkle with stuffing mix. Drizzle butter over crumbs. Bake at 350° for 45 to 55 minutes. Yield: 8 servings.

T. Betz (Laura Counts)

CHICKEN BREASTS PIQUANT (Soy chicken)

3/4 c. rose wine (use a good wine)
1/4 c. soy sauce
1/4 c. salad or olive oil
2 Tbsp. water
1 garlic clove, sliced

1 tsp. ginger
1/4 tsp. oregano
1 Tbsp. brown sugar
4 chicken breasts or 1 whole
chicken in parts

Combine all ingredients and put in baking dish. Pour part of mixture in dish first; put in chicken and pour rest of mixture over chicken. Cover tightly. Bake in moderate oven, 350°, about 1 1/2 hours, until tender.

Carol Beth Lassig (Marla Hiller)

CRAB-STUFFED CHICKEN

4 large (12 oz.) chicken breasts,
skinned, halved and boned
3 Tbsp. butter
1/4 c. flour
3/4 c. milk
3/4 c. chicken broth
1/3 c. dry white wine
1/4 c. chopped onion
1 Tbsp. butter
1 (7 - 8 oz.) can crabmeat, drained
and flaked (remove cartilage)

1 (3 oz.) can chopped mushrooms,
drained
1/2 c. coarsely crumbled saltine
crackers (10 crackers)
2 Tbsp. snipped parsley
1/2 tsp. salt
Dash of pepper
1 c. shredded Swiss cheese (4 oz.)
1/2 tsp. paprika

Place 1 chicken piece, boned side up, between 2 pieces of wax paper. Working from center out, pound chicken lightly with a meat mallet to make cutlet about 1/8 inch thick (8x5 inches). Repeat with remaining chicken; set aside.

In saucepan, melt the 3 tablespoons butter and blend in flour. Add milk, chicken broth and wine all at once; cook and stir until mixture thickens and bubbles. Set aside.

In skillet, cook onion in the remaining butter until tender, but not browned. Stir in crab, mushrooms, cracker crumbs, parsley, salt, and pepper. Stir in 2 tablespoons of the sauce. Top each chicken piece with approximately 1/4 cup crab mixture. Fold sides in; roll up. Place seam side down in a 12 x 7 1/2 x 2 inch baking dish. Pour remaining sauce over all. Bake, covered, in a 350° oven for 1 hour or until chicken is tender. Uncover; sprinkle with cheese and paprika. Bake 2 minutes longer or until cheese melts. Makes 8 servings.

Susan Eason (Nikki Butts)

CHICKEN BAKED IN ORANGE SAUCE

1/4 c. flour
Salt and pepper
1 (3 lb.) chicken, cut up
1/4 c. salad oil
1 c. orange juice
1/2 c. chili sauce

1/4 c. chopped green pepper
1 tsp. prepared mustard
1/2 - 1 tsp. garlic salt
2 Tbsp. molasses
2 Tbsp. soy sauce
3 oranges, peeled and sliced

Combine flour, salt and pepper; dredge chicken pieces in flour mixture. Brown in hot oil. Remove chicken and place in shallow 2 quart dish. Drain pan drippings from skillet; add remaining ingredients, except orange slices. Simmer 2 to 3 minutes; pour mixture over chicken. Cover and bake at 350° for 50 to 60 minutes or until chicken is tender. Just before serving, add oranges.

Jan Petter (Traci Fulford's mother)

PIQUANT CHICKEN BREASTS

3/4 c. rose wine
1/4 c. soy sauce
1/4 c. cooking oil
2 Tbsp. water
1 clove garlic, sliced
1 tsp. ginger

1/4 tsp. oregano
1 Tbsp. brown sugar
3 chicken breasts, cut in halves with
skin removed
Cooked white rice or wild rice

Combine first 8 ingredients. Place chicken breasts in baking pan; pour wine mixture over chicken breasts. Cover. Bake at 375° for 1 hour and 30 minutes. Serve on rice. Yield: 6 servings.

Rosemary Standerfer (Lise' Standerfer)

YUMMY CHICKEN CASSEROLE

Cook and debone 1 chicken or use leftover chicken or turkey. Place in bottom of a 10x10 or 9x13 inch casserole dish or pan.

Mix:

1 can cream of mushroom soup

8 oz. sour cream

1 can cream of chicken soup

Spread mixture over chicken. Spread 1 package stuffing mix over mixture. Drizzle 1½ cups chicken stock and 1 stick melted margarine over stuffing. Bake at 350° for 45 minutes or until bubbly.

Janice Kimball (Kim Kimball)

LEMON CHICKEN SUPREME

3 whole chicken breasts, split and boned

3 Tbsp. margarine

¼ c. flour

1 c. hot water

½ tsp. salt

1 chicken bouillon cube

⅓ tsp. pepper

Juice of ½ lemon

Pound breasts until about ¼ inch thick. Combine flour, salt and pepper; coat chicken. Save remaining flour. Heat margarine in a skillet and brown breasts on both sides, adding more margarine if necessary. Remove chicken from skillet. Reduce heat to low; add remaining flour, scraping the skillet. Add water, bouillon cube and lemon juice. Return chicken to pan; cover and simmer 5 minutes. Serves 4 to 6.

Elizabeth McCormick (Tracy McCormick)

CHICKEN TETRAZZINI

1 chicken, cut up and cooked (reserve broth)

½ - 1 c. chicken broth

1 can cream of mushroom soup

1½ c. grated Cheddar cheese

½ c. milk

1 pkg. spaghetti

1 small can or jar sliced mushrooms

Cook spaghetti according to package directions. At the same time, mix together the mushroom soup, ½ cup milk, chicken broth, mushrooms, and ½ cup cheese in a saucepan and cook over medium heat until thick. Add boned, cut up chicken to sauce; stir in spaghetti and pour into 2 quart casserole dish. Bake at 350° for 40 minutes, covering the top of the casserole with the remaining cheese the last 5 minutes of cooking.

Rosemary Standerfer (Lise' Standerfer)

CREOLE-OVEN FRIED CHICKEN

3 c. chicken stock
Salt and pepper
Butter or oleo
Chicken
1 tsp. paprika
1 c. flour

¼ tsp. poultry seasoning
1 c. raw rice
½ c. chopped onion
½ c. strips bell pepper
Tomato wedges

Place ¼ cup butter in 12x9x2 inch pan and melt while the oven preheats to 400°. Combine in paper bag, flour, ½ teaspoon salt, paprika, poultry seasoning, and ⅛ teaspoon pepper. Shake each piece individually to coat well. Place chicken skin side down in hot melted butter. Bake, uncovered, at 400° for 25 to 30 minutes or until down side is browned. Remove pan and take chicken out of butter. Combine rice, onion, bell pepper, and salt. Pour in bottom of pan. Add pepper. Arrange tomato wedges on rice mixture. Place chicken over rice with browned side up. Pour 3 cups chicken stock over chicken. Return to oven. Bake, uncovered, until rice is fluffy and chicken is tender.

Maxine Holmans (Stephanie Stowers' grandmother)

CHICKEN BREAST FAVORITE

1 lb. chicken breasts, skinned and
boneless (4 breasts)
¼ c. dry sherry
2 egg yolks

1 c. light cream
Swiss cheese, grated
1 - 2 tsp. marjoram

Season chicken with salt, pepper and marjoram. Fry chicken breasts in 3 tablespoons butter until just cooked. Remove to warm, ovenproof dish. Add sherry to pan drippings and stir until reduced to half. Add egg yolks and cream which have been mixed together to pan. Stir until boiling and thickened. Pour over chicken breasts. Cover with grated Swiss cheese. Broil until cheese is browned and bubbly. Serves 4.

Judy DeWitt (Tammy DeWitt)

CHICKEN-BROCCOLI CASSEROLE

5 lb. chicken or 6 chicken breasts
1 tsp. salt
1 stalk celery
1 small onion
5 c. water
1 bunch broccoli or 2 pkg. frozen
spears
1 - 2 c. buttered crumbs

2 cans cream of chicken soup
and/or cream of mushroom
soup
1 c. mayonnaise
1 tsp. lemon juice
½ tsp. curry powder
1 c. Parmesan cheese

Cut up chicken. Add water, salt, celery, and onion. Simmer until chicken is tender. Cube chicken. Add mayonnaise, lemon juice and curry powder. Add additional seasonings to taste and some paprika for color. Cook broccoli until just tender. Break into pieces in shallow dish. Top with chicken, then sauce and crumbs and Parmesan cheese. Bake at 350° until hot and crumbs are browned, about 45 minutes.

Patty Foerster (Shannon Robertson)

EASY CROCK POT CARNE GUISADA

1½ lb. boneless stew meat,
chopped bite-size
1 medium onion, chopped
1 bell pepper, chopped
¾ tsp. cumin

¾ tsp. garlic powder
1 small can tomato sauce
Salt and pepper to taste
1 c. water

Just put everything in the crock pot and stir well. Start cooking on HIGH; turn down to LOW. Cook for about 8 hours or until done and tender. If it's too juicy, remove lid and turn up heat until it thickens.

This recipe can be varied by adding potatoes or carrots or by adding more or less spices. Serve over rice or with flour tortillas. This is a very old Mexican recipe that has been developed to work in a crock pot. Very easy and delicious.

Lillian Mueller (Traci Mueller)

BEEF TATER BAKE

1 lb. extra lean ground beef
1 medium onion, sliced
1 (16 oz.) pkg. frozen tater tots

1 can undiluted golden mushroom
soup
1 c. shredded Cheddar cheese

Preheat oven to 350°. Make an even layer of uncooked ground beef in bottom of a 9 inch square baking dish. Cover with onion slices. Add 1 layer of frozen tater tots, completely covering beef and onions. Add soup, pouring it evenly over mixture. Top with grated cheese. Bake 1 hour. Cut into squares. Serves 6.

Lynn Hunt (friend of Shannon Robertson)

STEAK DIANE

4 (½ inch) steaks
⅓ tsp. salt
⅓ tsp. pepper
2 Tbsp. butter
½ tsp. mustard

2 Tbsp. chopped green onions
2 Tbsp. butter
1 Tbsp. lemon juice
1½ Tbsp. Worcestershire sauce
1 Tbsp. minced parsley

Pound steaks to ¼ inch thickness. Salt and pepper both sides of steaks. Combine 2 tablespoons butter, mustard and green onions in skillet; cook over medium heat 1 minute, stirring constantly. Add steaks; cook until desired degree of doneness. Remove steaks to serving platter and keep warm.

Add 2 tablespoons butter, lemon juice, and Worcestershire to pan drippings; cook over medium high heat 2 minutes. Stir in parsley. Pour over steaks and serve.

Deanna Hart (Kim Kimball)

DORITO DELIGHT

1 lb. ground meat
1 chopped onion
1 can cream of mushroom soup
1 can cream of chicken soup

1 (5 oz.) can evaporated milk
1 (4 oz.) can chopped green chilies
1 pkg. Doritos
½ lb. American cheese, grated

Brown ground meat, onion and a dash of salt and pepper. Add and heat the soups, milk, and chilies. Spread the Doritos in the bottom of a 9x13 inch pan. Put meat mixture over Doritos and top with grated cheese. Bake at 350° for 20 minutes. Serves 8.

Shari Brady (Teresa Brady)

QUICK CRESCENT TACO PIE

- | | |
|---|---|
| 1 - 1½ lb. ground beef | 1½ - 2 c. crushed corn chips |
| 1 (1¼ oz.) pkg. taco or chili seasoning mix | 1 c. sour cream (8 oz.) |
| ½ c. water | 1 c. shredded Cheddar cheese (4 oz.) |
| ⅓ c. sliced stuffed green olives or pitted ripe olives | Shredded lettuce (if desired) |
| 1 (8 oz.) can refrigerated crescent dinner rolls | Avocado slices (if desired) |

Brown ground beef; drain. Stir in seasoning mix, water and olives; simmer 5 minutes. Separate crescent dough into 8 triangles. Place triangles in ungreased 9 or 10 inch pie pan, pressing to form a crust. Sprinkle 1 cup corn chips over bottom of crust. Spoon meat mixture over crust and corn chips. Spread sour cream over meat mixture; cover with cheese. Sprinkle on remaining corn chips. Bake at 375° for 20 to 25 minutes, until crust is golden brown. If desired, serve in wedges topped with shredded lettuce and avocado slices.

Jan Petter (Traci Fulford's mother)

GROUND MEAT ENCHILADA CASSEROLE

Cook 2 pounds ground meat until white; drain.

Add:

- | | |
|---|------------------------|
| 1 large onion, chopped fine | Salt and pepper |
| 1 lb. can whole tomatoes | |
| 1 pkg. frozen, chopped spinach, cooked and drained | |

Mix in:

- | | |
|-----------------------------------|---------------------------|
| 1 can mushroom soup | ¼ c. milk |
| 1 can golden mushroom soup | ½ tsp. garlic salt |
| 1 (8 oz.) ctn. sour cream | |

Quarter 1 package of tortillas and dip in ½ stick melted butter.

- | | |
|-------------------------------------|------------------------------------|
| 2 cans chopped green chilies | ½ lb. grated Cheddar cheese |
|-------------------------------------|------------------------------------|

Line bottom of casserole with tortillas. Fill with ½ of meat mixture. Top with ½ of green chilies. Top with ½ of cheese. Add another layer in same order. Refrigerate overnight. Bake at 325° for 45 minutes. Serves 12.

Tresha Steffens (Stacy Steffens)

TEXAS TAMALE PIE

2 eggs
1½ c. milk
1 c. corn meal
2 small onions, chopped
1½ lb. lean ground beef
½ c. oil or bacon drippings
1 (12 oz.) can whole kernel corn
2 (8 oz.) cans tomato sauce

1 (3.25 oz.) can ripe olives
1 tsp. seasoned salt
1 tsp. seasoned pepper
3 Tbsp. chili powder
½ tsp. garlic salt
Sliced American or grated Cheddar cheese

Preheat oven to 350°. Beat eggs; add milk and corn meal. Mix together and let stand while preparing the following mixture. Cook onions and ground beef in fat until onions are transparent and beef loses pink color. Add corn, tomato sauce, ripe olives, and the seasonings; mix well. Add to corn meal mixture and pour into greased 9x13 inch baking dish. Top with cheese. Bake for 45 minutes.

In memory of Virginia Sedwick (Nikki Butts' great aunt)

BERRY GLAZED LOAVES

1 lb. ground beef
¼ lb. bulk pork sausage
⅓ c. quick cooking rolled oats
⅓ c. milk
1 beaten egg
2 Tbsp. finely chopped onion

½ tsp. salt
Dash of pepper
1 (16 oz.) can whole cranberry sauce
⅓ c. brown sugar
1 Tbsp. lemon juice

Thoroughly combine meats, oats, milk, egg, onion, salt, and pepper. Shape into 5 individual loaves. Place in 13x9x2 inch baking dish. Combine remaining ingredients; spoon over loaves. Bake in 350° oven for 45 minutes, basting once or twice with glaze. Remove loaves to warm platter. Skim fat from sauce. Spoon some over meat and pass remainder. Serves 5.

Jane Grey (Tami Russell's aunt)

EASY CHEESY MEATLOAF

1 c. grated Cheddar cheese
1 (2½ oz.) can mushroom pieces
1½ lb. ground beef
1 egg
1 Tbsp. Worcestershire sauce

½ tsp. pepper
⅔ c. milk
2 tsp. salt
1 Tbsp. dry onion soup
⅓ c. dry bread crumbs

Combine all of the preceding ingredients, except cheese and mushrooms. Roll out on wax paper in rectangular shape; sprinkle with cheese and mushrooms. Roll up like a jelly roll. Microwave on MEDIUM HIGH for 20 to 25 minutes or 145°. Cover with lid or Saran Wrap.

Topping:

2 Tbsp. brown sugar
½ tsp. dry mustard

2 Tbsp. catsup

Mix together and pour over meatloaf before or after cooking.

Susan Balderrama (Melanie Mathis' mother)

BEEF CURRY

1½ Tbsp. oil	2 tsp. salt
1 onion, sliced	2 tsp. sugar
2 - 3 tsp. curry powder	2 c. water
1½ lb. flank steak (1 inch cubes)	2 Tbsp. cornstarch
½ lb. mushrooms, sliced	2 Tbsp. water
1 tomato, diced	3 c. cooked rice
1 garlic clove, diced	

Heat oil in heavy skillet. Saute onion over medium heat until tender. Stir in curry; cook 1 minute. Add beef cubes and next 5 ingredients in order. Cook until beef cubes are lightly browned. Add enough boiling water to barely cover beef (about 2 cups). Cover skillet and simmer gently about 1½ hours or until beef is extremely tender. Thicken with water-cornstarch mixture. Serve with rice.

Linda Joy (Debbie Joy)

POPPIN' FRESH BAR-B-Q CUPS

1 lb. ground beef	1 Tbsp. chopped onion
½ c. bar-b-q sauce	1 can refrigerated biscuits
2 Tbsp. brown sugar	¾ c. cheese, grated

Brown beef and drain. Add bar-b-q sauce, brown sugar and onion; simmer. Spray muffin tins with Pam. Roll out each biscuit and place in muffin tin, pressing dough up sides to edge of cup. Spoon meat mixture into cups. Sprinkle with cheese. Bake at 400° for 10 to 15 minutes.

Judy Russell (Tami Russell)

BEEF AND BACON CASSEROLE

12 slices bacon, cut in 1 inch pieces	2 cans tomato soup
2 lb. ground beef	2 cans mushroom soup
1 medium onion, chopped	1 lb. can corn, drained
10 oz. pkg. noodles, cooked and drained	1½ c. grated Cheddar cheese

Fry bacon, meat and onion. Drain fat. Add noodles, soups and corn. Mix well. Season to taste. Put in two 3½ quart casseroles. Freeze one and bake one at 325° for 45 minutes. Both casseroles serve about 14 people.

Candy Moore (Missy Moore)

SLOPPY JOES

Cook together until browned:

2 Tbsp. shortening	1 onion, chopped fine
1 lb. ground beef	

Drain grease.

Add:

1/2 c. green pepper, chopped fine
1/2 c. celery, chopped fine
1 c. catsup

Pinch of salt
1/3 c. vinegar
1/3 c. water

Cook on low heat until thick, about 30 minutes. Serve on hamburger buns.

Blanche Strickland (Marla Hiller)

BEEF STROGANOFF

1 Tbsp. dry mustard
1 Tbsp. sugar
2 tsp. salt
4 - 5 Tbsp. vegetable oil
4 c. thinly sliced onions, separated into rings

1 lb. fresh mushrooms, thinly sliced
2 lb. sirloin steak, fillet of beef or round steak
1 tsp. freshly ground black pepper
1 pt. sour cream

Combine mustard powder, 1 1/2 teaspoons sugar, a pinch of salt, and 1 tablespoon hot water (about). Stir to form a thick paste and set aside to rest 15 minutes at room temperature.

Heat 2 tablespoons oil in a heavy skillet. Add onions and mushrooms; cover pan and reduce heat to low. Cook slowly until vegetables are soft, about 20 minutes. Drain off liquid in pan. Cut meat into 1/4 inch strips. Heat 2 tablespoons oil in a second skillet and saute meat over high heat, about 2 minutes, until lightly browned. Using a slotted spoon, transfer meat to vegetables in first skillet. Repeat until all meat has been cooked and added to vegetables.

Add salt, pepper and mustard paste to meat and vegetable combination over low heat. Stir in sour cream, a tablespoon at a time and the remaining 1/2 teaspoon sugar. Cover pan and simmer 2 to 3 minutes, until sauce is heated through. Transfer Stroganoff to a heated serving platter and sprinkle with straw or shoestring potatoes. Serves 4 to 6.

June Eason (Nikki Butts' grandmother)

BEEF BURGUNDY

3 lb. stew meat
2 Tbsp. margarine
Flour
1 1/2 c. burgundy
1 can consomme
Salt
Pepper

2 bay leaves
Pinch of thyme
1/4 c. chopped parsley
1 carrot, sliced
6 or more small white onions
1 1/2 c. fresh mushrooms

Cut meat into bite-size pieces; put in heavy pot with margarine and brown lightly. Remove meat and pour off grease. Sprinkle meat with flour; return to pot and stir until lightly browned. Add wine, consomme, salt, pepper, thyme, bay leaves, parsley, carrot, and onion. Simmer 1 1/2 hours. Serve over noodles.

Carolyn Therrell (Allyson Therrell)

SEVEN-HOUR BEEF STEW

2 lb. beef stew meat
1 can cream of mushroom soup

1 c. red wine
1 pkg. dried onion soup mix

Brown beef stew meat in Dutch oven. Add mushroom soup, wine and onion soup mix; stir until well blended. Cover and cook for 7 hours at 200°, stirring occasionally. Serve over white rice or noodles.

This can also be made in a crock pot, but be sure to brown your meat and then combine all ingredients in the crock pot and cook on LOW.

Rosemary Standerfer (Lise' Standerfer)

PEPPER STEAK

2 lb. thickly sliced filet steak
¼ c. flour
1 c. butter
2 green peppers, sliced
2 cloves garlic, minced
½ lb. mushrooms, sliced
3 small tomatoes, quartered

2 onions, sliced
2 Tbsp. cornstarch
¾ c. red cooking wine
2 Tbsp. soy sauce
1½ c. beef bouillon
Salt and pepper to taste

Dip steak in flour. In large skillet, saute in half the butter for 2 minutes. Remove meat; add remaining butter and saute peppers, onions, garlic, and mushrooms for 5 minutes. Add tomatoes and bouillon. Bring to a boil; reduce heat and simmer 10 minutes. Mix cornstarch, wine and soy sauce. Add to skillet; cook, stirring until thickened. Add meat. Simmer 5 minutes. Serves 4 to 6.

Lisa Card (Jodie Perryman)

CHEESEBURGER CASSEROLE

1 lb. ground beef
¼ c. chopped onion
¼ c. chopped green pepper
1 (8 oz.) can tomato sauce
¼ c. catsup

⅛ tsp. pepper
½ lb. sliced American cheese
1 can refrigerator biscuits
(buttermilk or country style)

Brown ground meat with onion and green pepper in skillet; drain off fat. Add tomato sauce, catsup and pepper; heat. Alternate meat mixture and cheese slices in ungreased 1½ quart casserole. Arrange biscuits around edge of casserole. Bake at 400° for 20 to 25 minutes, until browned.

Elizabeth McCormick (Tracy McCormick)

SAUERBRATEN

4 lb. beef for pot roast
2 tsp. salt
1 tsp. ground ginger
2 c. cider vinegar
2½ c. water
2 medium onions, sliced
2 Tbsp. mixed whole pickling spice

2 bay leaves
1 tsp. peppercorns
8 whole cloves
⅓ c. sugar
2 Tbsp. fat
Flour or gingersnaps

Rub meat with salt and ginger. Combine remaining ingredients, except fat and flour; bring to boil and pour over meat. Cool; cover and put in refrigerator for 3 days. Turn meat once a day.

Remove meat from liquid. Reserve liquid. Dry meat with paper towel. Brown meat on all sides in fat in heavy kettle. Put on rack; add 1 cup reserved pickling liquid and half the onions and spices from liquid. Cover tightly and simmer slowly for 3½ hours or until tender, adding more liquid as necessary. Remove meat to hot platter. Strain liquid in pan and return to heat. Strain in additional pickling liquid to make about 2 cups. Skim off excess fat. Thicken gravy with flour or gingersnaps. Serves 6 to 8.

Erika Wainwright (Tammy DeWitt)

CHINESE BEEF AND VEGETABLES

3 c. sliced broccoli
1 lb. beef sirloin or chicken breasts,
sliced paper thin*
1 small onion, sliced thin or
chopped
1 clove garlic, minced or ⅛ tsp.
garlic powder
¼ c. soy sauce

1 (6 oz.) pkg. frozen pea pods
1 (10½ oz.) can condensed beef
broth (I use instant bouillon
with no salt added - use beef if
you are using sirloin or chicken
bouillon for chicken)
¼ c. cornstarch
2½ c. Minute rice

1. Cut up broccoli into ¼ inch slices. Place in 2 quart microwavesafe casserole. Add beef or chicken, onion, and garlic. Pour soy sauce over mixture; stir lightly to coat evenly. Cover with casserole lid.

2. Microwave on HIGH for 9 to 11 minutes or until meat is just about cooked, stirring once. Add frozen pea pods; cover.

3. Microwave on HIGH for 2 to 4 minutes or until pea pods are thawed and broccoli is tender-crisp, stirring once; set aside.

4. Combine broth and cornstarch in 2 cup microwavesafe measuring cup or bowl. Stir in juices from meat.

5. Microwave on HIGH, uncovered, for 3½ to 4½ minutes or until mixture boils, stirring once. Stir into meat-vegetable mixture. If desired, serve with rice and Chinese noodles.

Makes about 5 servings; 255 calories each.

Tips: If pea pods are not available, an 8 ounce package of frozen cut asparagus can be substituted.

* Meat is easier to slice if partially frozen.

Alice Dolgener (Jennie Whitfield)

SAUCED DOVE BREASTS ON CROUTONS

3 (½ inch thick) slices of bread
Melted butter
3 large dove breasts with wings
1 medium carrot
1 medium onion
1 stalk celery, cut in half
Salt and pepper
3 Tbsp. butter
3 Tbsp. olive oil

6 Tbsp. flour
¼ c. Madeira
¼ c. half & half
1 Tbsp. beef extract
1 Bouquet Garni (1 parsley stalk, 1 bay leaf, 2 sprigs thyme, 1 sprig marjoram (optional) - combine in cheesecloth and tie)

Remove crusts from bread and cut each slice in half. Brush with melted butter; place on a baking sheet and toast for croutons. Remove the tip from wing of each dove. Cut each breast in half; place in a large saucepan. Add carrot, onion, celery, Garni, salt, pepper, and water to cover and bring to a boil. Reduce heat and skim. Simmer about 30 minutes, until tender.

Remove breasts and drain. Strain stock and return to saucepan. Bring to a boil and cook until stock is reduced to 1½ cups liquid. Place butter and oil in a skillet over medium high heat until very hot. Place the dove breasts in the butter mixture and cook until brown on all sides.

Remove breasts and add flour, stirring constantly, until dark brown. Add stock and Madeira and cook, stirring, until thick. Stir in the cream and beef extract; bring to a boil. Remove from heat. Place the croutons on a serving platter and place a dove breast half on each rectangle. Pour the brown sauce over all. This makes 6 servings.

Margie Gilbert (Jennifer Hart's mom)

GREEK LAMB

1 (5 - 7 lb.) leg of lamb
1 clove garlic
2 lemons

Dill (fresh or dried)
1 - 1½ tsp. salt
1 tsp. crumbled oregano

Do not use powdered dill or oregano. Peel lemon thinly, using yellow part of rind. Sliver garlic clove. Chop dill, if using fresh dill. Preheat oven to 425° F. Place lamb, fat side up, in a large shallow roasting pan. Make small slits with paring knife all over surface of lamb. Into each slit insert garlic sliver, piece of lemon peel and a little dill weed. Sprinkle all surfaces of meat with salt and oregano. Roast, uncovered, at 425° for 15 minutes; reduce heat to 325° and continue roasting until done (meat thermometer registers 175°), about 2 to 3 hours.

Pat Wilson (Jennifer Wilson)

MONTEREY ENCHILADAS

3 Tbsp. oil
2 large onions, thinly sliced
2 fresh green chiles, seeded and chopped
Salt to taste
2 c. shredded Cheddar cheese

2 c. sour cream
2 (10 oz.) cans red enchilada sauce
1 doz. corn tortillas
1 lb. soft Monterey Jack cheese, cut in strips

Heat oil; add onions and chiles and cook until soft. Season with salt. Turn mixture into small container and set aside. In frying pan, blend sour cream and enchilada sauce; heat and stir until bubbly. Remove from heat. Dip a tortilla in sauce and let stand a few seconds to soften. Place in a shallow baking dish and spoon a part of the onion mixture across the center and top with cheese strips. Fold tortilla around filling. Repeat this procedure until all tortillas are filled and arranged close together in a baking dish. Ladle remaining sauce over casserole and sprinkle the tortillas evenly with grated cheese. Bake 20 to 25 minutes at 375°. Serve hot.

Judy Sensenich (Nikki Butts)

CHILE-EGG PUFF

10 eggs
½ c. flour
1 tsp. baking powder
½ tsp. salt
1 pt. creamed cottage cheese

1 lb. Monterey Jack cheese,
shredded
½ c. butter or margarine, melted
2 (8 oz.) cans diced green chiles

Beat eggs until light; add rest of ingredients. Pour in well buttered baking dish. Bake in 350° oven for 35 minutes or until top is browned and center is firm.

Lena Mattingly (Tami Russell's grandmother)

EGG ROLLS

1 lb. ground beef
1 c. mushrooms, chopped
1 large bell pepper, chopped
¼ tsp. garlic seasoning

1 head cabbage, chopped
3 - 4 carrots, chopped
½ tsp. Accent seasoning
¼ tsp. onion powder or salt

Brown meat; add carrots, garlic and onion seasoning. Put cabbage, mushrooms and bell pepper into meat mixture when carrots are tender. Cook until done. Cool and roll in egg roll skins (usually found in produce section of market). Deep-fry until golden brown. Serve with Sweet and Sour Sauce.

Sweet and Sour Sauce:

1 bouillon cube
1 Tbsp. sesame seed oil
½ c. vinegar
Cornstarch to thicken

1 can tomato sauce
¼ tsp. Accent seasoning
1 c. sugar

Combine all ingredients in saucepan and simmer until thickened.

Janice Kimball (Kim Kimball)

BREAKFAST TEQUITOS

1 lb. regular Jimmy Dean sausage
4 - 5 medium potatoes
¾ lb. grated Cheddar cheese

1 doz. small flour tortillas
3 Tbsp. shortening

Wash potatoes; leave skins on. Quarter lengthwise; slice thinly. Fry in shortening in a covered skillet until soft. Drain on paper towels. At the same time, in another skillet, brown sausage until thoroughly cooked; drain.

Place $\frac{1}{12}$ of the sausage, potatoes and cheese on a flat tortilla. Sprinkle with Tabasco sauce if desired. Roll up in a log shape; wrap in Saran Wrap. With a sharp knife, punch a hole in each end of the wrap. Microwave on HIGH for 1 minute. Makes 12.

Rosemary Standerfer (Lise' Standerfer)

BREAKFAST CASSEROLE

1 lb. bulk pork sausage (hot)
1 c. milk
1 lb. grated Cheddar cheese
Crushed Fritos

1 doz. eggs
12 slices bread, crusts cut off
Jalapeno slices

Spread bread slices on bottom of greased casserole dish. Mix together beaten eggs and milk and pour over the top of bread. Sprinkle browned sausage and grated cheese over top. Top with jalapeno slices and crushed Fritos. Bake at 350° until done, 15 to 20 minutes. Makes 2 Pyrex dishes.

Judy Magnuson (Vicki Magnuson)

MINI-QUICHES

2 (8 in. each) pkg. refrigerated
butterflake dinner rolls
2 (4½ oz.) cans medium shrimp
2 beaten eggs
1 c. light cream

½ tsp. nutmeg
¼ tsp. salt
1 (8 oz.) pkg. Swiss cheese,
chopped

Grease 4 dozen 1¾ inch muffin pans. Separate each roll in half; press into muffin pans to make shells. Place 1 shrimp in each shell. Place about ½ teaspoon chopped cheese in each shell. Combine eggs, cream and seasonings. Divide evenly among shells, using about 2 teaspoons in each. Bake at 375° for 20 minutes or until golden. Makes 4 dozen.

Judy DeWitt (Tammy DeWitt)

QUICK QUICHE

Deep dish pie shell (uncooked)
6 oz. Cheddar cheese, grated
½ lb. sausage, cooked, drained and
crumbled

½ c. herb seasoned stuffing mix

Layer in pie shell. Cheese on bottom makes crisp crust.

Mix the following together and pour over layers in pie shell:

½ c. half & half

3 eggs

Cook at 375° for 45 to 55 minutes. I usually double the recipe and freeze one cooked quiche for later. Just heat in oven after defrosting.

Cindy Eason (Nikki Butts' mother)

QUICHE LORRAINE

8 oz. Swiss cheese, cut into thin strips
2 Tbsp. flour
1½ c. half cream
4 eggs, slightly beaten

8 slices bacon, cooked and crumbled
½ tsp. salt
1 unbaked 9 inch pie shell

Toss cheese with flour. Add cream, eggs, bacon, and salt; mix well. Pour in pie shell and bake at 350° for 45 minutes, until set. Serves 8.

Shari Brady (Teresa Brady)

EGGPLANT PARMESAN

1 medium eggplant
1 tsp. salt
1 Tbsp. butter
1 medium onion
⅓ c. chopped green pepper
1 lb. ground beef
1 (28 oz.) can tomatoes (undrained), coarsely chopped
1 (6 oz.) can tomato paste
½ tsp. dried whole oregano
½ tsp. dried whole basil

½ tsp. dried whole marjoram
1 tsp. salt
½ tsp. pepper
2 eggs, beaten
¾ c. dry bread crumbs
½ c. butter, divided
2 c. shredded Mozzarella cheese (8 oz.)
¾ c. grated Parmesan cheese
Green pepper rings
Parsley sprigs

Step 1: Cut eggplant into ¼ inch slices. Sprinkle with 1 teaspoon salt; let stand 1 hour.

Step 2: Melt 1 tablespoon butter in heavy saucepan; add onion, green pepper and ground beef. Cook over medium heat, stirring to crumble beef, until beef is browned; drain. Add next 7 ingredients; stir well. Bring to a boil; reduce heat and simmer, uncovered, for 30 minutes.

Step 3: Dip eggplant slices in egg; coat with bread crumbs. Melt ¼ cup butter in heavy skillet and brown on both sides; drain on paper towel and set aside. Repeat with remaining eggplant slices, adding more butter as needed.

Step 4: Layer ⅓ of meat sauce, half of eggplant, half of Mozzarella cheese, and ¼ Parmesan cheese in a lightly greased 13x9x2 inch baking pan. Repeat layers. Add remaining meat sauce and top with remaining Parmesan cheese. Bake at 350° for 30 to 35 minutes. Garnish with green pepper rings and parsley. Serves 6.

This dish will take a little time to prepare, but the results will delight all Italian food lovers!

Lynn Morris (Tiffany Morris)

EGGPLANT BILLY BOB

1 large eggplant
1 small green pepper
1 small onion
2 minced cloves garlic
1 (16 oz.) jar spaghetti sauce with
meat or 2 c. of your favorite
recipe

8 oz. pkg. Mozzarella or Monterey
Jack cheese

Peel and slice eggplant into $\frac{1}{4}$ inch slices. Saute in cooking oil and drain well on a paper bag. Chop onion and green pepper and saute with the 2 cloves of minced garlic. Alternate in a greased 3 quart casserole dish, layers of eggplant slices, pepper mixture and spaghetti sauce. Top with sliced cheese. Bake, covered, at 350° for 20 minutes; uncover and bake 5 minutes more.

Lynn VanDelinder (Laura VanDelinder)

FLOWER POT SANDWICHES

Ham Filling:

1 c. ground ham
 $\frac{1}{4}$ c. mayonnaise

3 Tbsp. orange jam
1 tsp. mustard

Date Nut Filling:

$\frac{1}{2}$ c. chopped dates
 $\frac{1}{2}$ c. chopped pecans or walnuts

$\frac{1}{4}$ c. mayonnaise

Egg Filling:

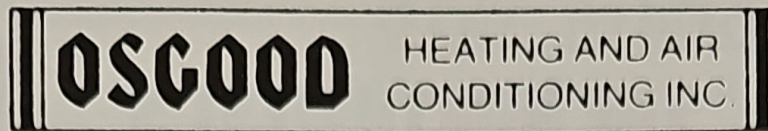
3 hard-boiled eggs
 $\frac{1}{3}$ c. chopped pickles or relish
 $\frac{1}{2}$ c. mayonnaise

1 tsp. mustard
1 tsp. onion seasoning

Cut two $3\frac{1}{2}$ inch bread rounds, one 3 inch bread round and two $2\frac{1}{2}$ inch bread rounds. Spread with mayonnaise and top with filling. Stack with smallest on bottom. Garnish with toothpicks/skewer or vegetable flowers.

Mildred Cramer (Lynanne Walker's great aunt)

Notes



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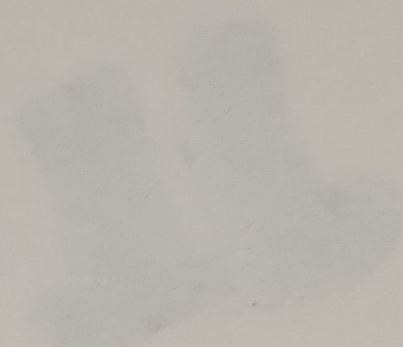
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ARTHUR R. HEMANN

1000 W. 10th St.
Suite 100
Oklahoma City, OK 73101
405-234-1234

Breads, Rolls, Pastries



EQUIVALENT CHART

3 tsp.	1 tbsp.	1/4 lb. crumbled Bleu cheese	1 c.
2 tbsp.	1/8 c.	1 lemon	3 tbsp. juice
4 tbsp.	1/4 c.	1 orange	1/3 c. juice
8 tbsp.	1/2 c.	1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled
16 tbsp.	1 c.	2 c. fat	1 lb.
5 tbsp. + 1 tsp.	1/3 c.	1 lb. butter	2 c. or 4 sticks
12 tbsp.	3/4 c.	2 c. granulated sugar	1 lb.
4 oz.	1/2 c.	3 1/2 - 4 c. unsifted powdered sugar	1 lb.
8 oz.	1 c.	2 1/4 c. packed brown sugar	1 lb.
16 oz.	1 lb.	4 c. sifted flour	1 lb.
1 oz.	2 tbsp. fat or liquid	4 1/2 c. cake flour	1 lb.
2 c.	1 pt.	3 1/2 c. unsifted whole wheat flour	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked	
1 qt.	4 c.	macaroni.	2 1/4 c. cooked
5/8 c.	1/2 c. + 2 tbsp.	7 oz. spaghetti	4 c. cooked
7/8 c.	3/4 c. + 2 tbsp.	4 oz. (1 1/2 to 2 c.) uncooked	
1 jigger.	1 1/2 fl. oz. (3 tbsp.)	noodles	2 c. cooked
8 to 10 egg whites.	1 c.	28 saltine crackers	1 c. crumbs
12 to 14 egg yolks.	1 c.	4 slices bread	1 c. crumbs
1 c. unwhipped cream	2 c. whipped	14 square graham crackers.	1 c. crumbs
1 lb. shredded American cheese	4 c.	22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe.
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
- 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
- 1 package **active dry yeast** = 1 cake compressed yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 lb. **whole dates** = 1 1/2 c. pitted and cut.
- 3 medium **bananas** = 1 c. mashed.
- 3 c. **dry corn flakes** = 1 c. crushed.
- 10 **miniature marshmallows** = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8-oz.	1 cup
picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

BREADS, ROLLS, PASTRIES

QUICK BANANA TEA BREAD

1 c. mashed banana
3 c. Bisquick mix
 $\frac{2}{3}$ c. sugar

$\frac{1}{2}$ c. chopped walnuts
1 egg
 $\frac{2}{3}$ c. milk

Combine Bisquick, sugar and nuts; add banana. Beat egg lightly; add milk and stir into first mixture. Turn into greased loaf pan. Bake at 350° for about 1 hour. Serve with cream cheese.

Judy Russell (Tami Russell)

BANANA NUT BREAD

2 c. sugar
 $\frac{1}{2}$ tsp. salt
 $2\frac{1}{4}$ c. flour
 $\frac{3}{4}$ c. liquid shortening
3 whole eggs (unbeaten)

1 tsp. vanilla
 $1\frac{1}{3}$ tsp. baking powder, dissolved in
 $\frac{1}{4}$ c. sour milk
1 c. chopped nuts
4 large bananas, mashed

In large bowl, mix together sugar, salt, and flour. Add shortening, eggs, vanilla, and milk. Mix together thoroughly by hand. Stir in nuts and mashed bananas. Bake at 350° for 1 hour.

Joy Robertson (Shannon Robertson)

BANANA NUT BREAD

6 large bananas, mashed
2 tsp. soda
1 c. buttermilk
4 c. sugar
6 eggs

1 c. shortening, creamed
5 c. flour
 $\frac{1}{2}$ tsp. salt
2 tsp. vanilla
1 c. pecans

Mash bananas and sprinkle soda over them. Add buttermilk and use as liquid. Add sugar and eggs to creamed shortening. Sift flour and salt; add alternately with banana mixture to egg mixture. Fold in vanilla and pecans. Bake at 325° for 1 $\frac{1}{2}$ hours.

I use 2 angel food cake pans or you can use 3 large loaf pans.

Susan Balderrama (Melanie Mathis' mother)

BANANA OATMEAL BREAD

$\frac{1}{3}$ c. uncooked oats
 $\frac{1}{4}$ c. buttermilk
 $\frac{1}{2}$ c. shortening
 $\frac{1}{2}$ c. sugar
2 eggs

3 ripe bananas, mashed
2 c. all-purpose flour
1 tsp. baking powder
1 tsp. soda
 $\frac{1}{2}$ tsp. salt

Combine oats and buttermilk; set aside. Cream shortening and sugar until light and fluffy; add eggs, one at a time, beating well after each addition. Stir in bananas and oat mixture.

Combine flour, baking powder, soda, and salt; stir into banana mixture. Spoon butter into a greased 9x5x3 inch loaf pan. Bake at 350° for 1 hour and 10 minutes or until done. Yield: 1 loaf.

Lynn Morris (Tiffany Morris)

BANANA NUT BREAD

¾ c. softened butter or oleo
1½ c. sugar
1½ c. mashed bananas
2 eggs, well beaten
1 tsp. vanilla
2 c. flour

1 heaping tsp. baking soda
½ tsp. salt
½ c. buttermilk
¾ c. chopped nuts (optional)
¾ c. chocolate chips (optional)

Preheat oven to 350°F. Cream butter and sugar thoroughly. Blend in bananas, eggs and vanilla. Sift together flour, baking soda, and salt. Add to banana mixture alternately with buttermilk, mixing well after each addition. Add nuts and/or chips and mix. Pour into greased and floured 9x5x3 inch pan (or smaller foil pans, just decrease baking time). Bake 1¼ hours. If top becomes too brown, decrease temperature to 325° and cook until done.

Lynn VanDelinder (Laura VanDelinder)

BANANA BREAD

½ c. margarine
1 c. sugar
2 eggs, well beaten
1 c. mashed bananas (approx. 3 bananas)

2 c. sifted flour
1 tsp. soda
½ tsp. salt
½ c. buttermilk
½ c. chopped walnuts

Cream margarine and sugar until light and fluffy. Add eggs and beat well. Mix in bananas. Sift together dry ingredients; add alternately with buttermilk. Beat until smooth and light; add nuts. Bake in 9x5 inch loaf pan at 375° for 1¼ hours. Freezes well.

Shari Brady (Bridget Brady)

BANANA LUNCHEON BREAD

1 c. sugar
1 c. thinly sliced *ripe* bananas (2 medium)
½ c. shortening, butter or margarine, softened
2 eggs

1½ c. flour
1 tsp. baking powder
½ tsp. soda
½ tsp. salt
½ c. chopped nuts

Heat oven to 350°F. Grease and flour bottom only of 9x5 or 8x4 inch loaf pan. In large bowl, blend first 4 ingredients; beat 2 minutes at medium speed. (Lightly spoon flour into measuring cup; level off.) Add flour, baking powder, soda, and salt. Blend until moistened; beat 2 minutes at medium speed. Stir in nuts. Pour into prepared pan. Bake 50 to 60 minutes, until toothpick inserted near center comes out clean. Cool 10 minutes; remove from pan. Cool completely. Makes 1 loaf.

Beth Prickett (Laura Prickett)

DILL BREAD

1 c. cottage cheese, lukewarm
1 pkg. yeast
1/4 c. warm water
2 Tbsp. sugar
1 Tbsp. minced onion
1 Tbsp. butter

1 tsp. salt
2 tsp. dill seeds
1/4 tsp. baking soda
1 egg, slightly beaten
2 1/4 - 2 1/2 c. flour

Combine in bowl, cottage cheese, sugar, onion, butter, salt, dill weed, soda, and egg; beat well. Add softened yeast, then enough flour to make a stiff dough. Work well. Let rise to double in bulk, 50 to 60 minutes. Stir down and place in greased 8 inch round casserole or baking pan. Let rise to double in bulk, 30 to 40 minutes. Bake in 350° F. oven for 40 minutes. Brush with soft butter.

Pat Wilson (Jennifer Wilson)

FRIED BREAD

1 1/2 pt. lukewarm water
1/4 c. sugar
Pinch of salt

1 cake or pkg. yeast
1 egg

Dissolve yeast in water; stir in sugar, salt and egg. Add enough flour to make dough stiff. Put dough on floured board; knead until smooth and elastic. Put in large bowl covered with damp cloth and let rise until doubled. (Dough will be doubled when you press 2 fingertips lightly 1/2 inch into dough and indentation remains.) Cut and fry until browned.

To store, cover with damp cloth and put in refrigerator. Cut off and use as you need.

Blanche Strickland (Marla Hiller)

FRENCH TOAST

6 slices day old bread, sliced 1 inch
thick
3/4 c. milk

1 egg
1/2 tsp. vanilla
1 Tbsp. powdered sugar

Beat milk, egg, vanilla, and powdered sugar together. Soak bread in mixture and place in pan containing 1 inch of butter. Cook slowly and turn often until golden brown. Before serving, sprinkle with powdered sugar. Serves 6.

Joy Robertson (Shannon Robertson)

CRANBERRY BREAD

2 c. sifted all-purpose flour
1 c. sugar
1 1/2 tsp. baking powder
1/2 tsp. soda
1 tsp. salt

2 Tbsp. melted shortening
1 egg, well beaten
1/2 c. chopped nuts
2 c. cranberries, cut in halves
Juice and grated rind of 1 orange

Sift together flour, sugar, baking powder, soda, and salt. Combine orange juice, grated rind, melted shortening, and enough water to make $\frac{3}{4}$ cup juice; stir in beaten egg. Pour this mixture into the dry ingredients, mixing just enough to dampen. Fold in cranberries and nuts. Spoon into greased loaf pan, 9x3x5 inch, spreading evenly. Bake at 350° for 50 to 60 minutes. Remove from pan; cool. Store overnight for easy slicing.

Judy Magnuson (Vicki Magnuson)

CRANBERRY BRAN BREAD

- | | |
|---|--------------------------------|
| 2 c. whole fresh or frozen
cranberries (do not thaw) | 1 Tbsp. baking powder |
| 1½ c. Bran Chex cereal, crushed to
½ c. | ½ tsp. ground allspice |
| 1⅓ c. sugar | ½ c. milk |
| 1 tsp. fresh grated or dried orange
peel | ½ c. chopped walnuts or pecans |
| 2 c. flour (stir, then spoon into
measuring cups) | 1 tsp. salt |
| | 2 eggs, beaten |
| | ¼ c. vegetable oil |

Preheat oven to 350°. Grease a 9x5x3 inch loaf pan. Coarsely chop cranberries in blender to about 1½ cups. In small bowl, combine berries, Chex crumbs, sugar, and orange peel. Set aside.

In large bowl, combine flour, baking powder, salt, and allspice. Combine eggs, milk and oil. Add to dry ingredients along with cranberry mixture and nuts. Stir just until moistened. Pour into pan. Bake 70 to 75 minutes or until tester inserted comes out clean. Let cool 15 minutes before removing from pan. Makes 1 loaf.

I use ¼ cup milk and ¼ cup orange juice to make it a little bit less sweet and add more flavor.

Judy Whitfield (Jennie Whitfield)

HONEY'S PUMPKIN LOAF

- | | |
|-----------------|--------------------|
| 3½ c. flour | 3 c. sugar |
| 2 tsp. nutmeg | 1 c. water |
| 2 tsp. allspice | 4 beaten eggs |
| 2 tsp. cinnamon | 1 c. chopped dates |
| 2 tsp. soda | 1 c. pecans |
| ½ tsp. salt | 1 can pumpkin |
| 1 c. salad oil | |

Grease and flour four 1 pound coffee cans. Other smaller size cans may be used, too. In a large bowl, mix flour with spices. In a separate bowl, mix all other ingredients until blended. Add the wet mixture to the dry and stir. Fill cans (any size) ½ full. Bake at 325°F. for 1 hour or until toothpick inserted in center comes out clean.

Freezes well. May be sliced, buttered and heated in toaster, broiler or microwave for a quick treat.

Pat Wilson (Jennifer Wilson)

PUMPKIN BREAD

3 c. sugar
1 c. cooking oil
¼ c. water
4 eggs
1 (1 lb.) can pumpkin
3 c. plain flour

2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 c. raisins (optional)
1½ c. chopped nuts (optional)

Mix all ingredients with electric mixer until well mixed. Divide mixture into three 1 pound coffee cans that have been greased and floured well. Bake at 300°F. for 1 hour, approximately. When cool, loosen with a knife before dumping out of can. Wrap in foil. This keeps in refrigerator for weeks; no need to freeze.

Lynn VanDelinder (Laura VanDelinder)

MEXICAN CORN BREAD

1 c. corn meal
2 eggs
½ tsp. soda
¾ tsp. salt

1 c. sweet milk
1 can cream style corn
2 tsp. bacon drippings
1 chopped onion

Mix well; pour ½ mixture into a 9x13 inch pan. Grate ½ pound Cheddar cheese on top. Add a pinch of garlic powder and 4 to 6 jalapenos in the remaining batter. Pour on top of cheese and bake for 30 minutes at 375°.

Cindy Harris (Mindy Harris)

MEXICAN SPOON BREAD

1 c. yellow corn meal
1 tsp. salt
½ tsp. soda
¾ c. milk
⅓ c. cooking oil
2 eggs

1 can cream style corn
1 (4 oz.) can chopped green chilies,
drained
1 c. shredded cheese (Cheddar,
Monterey Jack or both)

Mix all ingredients and put in greased pan. Bake at 350° for 45 minutes, uncovered.

Lena Mattingly (Tami Russell)

HOT WATER CORN BREAD OR SPOON BREAD

2 c. corn meal
3 c. boiling water
2 eggs
2 Tbsp. butter

2 c. buttermilk
2 tsp. soda
1½ tsp. salt

Put corn meal in bowl and pour boiling water in and mix. Put the rest of the ingredients in meal and water mixture. Pour into a 1½ quart baking dish. Bake at 350° for 45 minutes. Spoon out hot and serve with butter.

In memory of Virginia Sedwick (Nikki Butts' great aunt)

MY MOM'S CORN FRITTER BATTER

7/8 c. flour

3/4 tsp. salt

Dash of pepper

1 3/4 tsp. baking powder

1 egg

1/4 c. milk

2 Tbsp. melted Crisco or oil

Small can corn

Mix and sift flour, salt, pepper, and baking powder. Beat egg and add milk. Add to flour mixture and beat thoroughly. Add melted Crisco and corn. Fry in hot frying pan until golden.

Connie Tuthill (Tammy DeWitt)

POPOVERS

Forget what you've read elsewhere; the secret to making good popovers is to start them in a cold oven!

2 eggs

1 c. milk

1 Tbsp. melted butter

1 c. white flour

1/4 tsp. salt

Put all ingredients in a large bowl and mix thoroughly, without overbeating. Half fill buttered muffin pans or custard cups. Put them in a cold oven and set the heat for 450°F. Bake for 25 minutes; reduce heat to 350°F. and bake for another 15 to 20 minutes. Test one by removing from pan; it should be crisp outside and moist and tender inside.

Whole wheat popovers: Use 2/3 cup whole wheat flour and 1/3 cup white flour. (Whole wheat popovers will not rise as high as regular popovers.)

Betty Gilbreath (Nikki Butts' grandmother)

OLIVE-NUT BREAD

2 1/2 c. self-rising flour

1/3 c. sugar

1 beaten egg

1 c. milk

1 c. chopped pecans

1 c. sliced stuffed green olives

Sift together dry ingredients. Combine egg and milk. Add to flour mixture, stirring just until moistened (don't use mixer); stir with a spoon. Stir in olives and nuts. Turn into greased and floured 8 x 1 1/2 inch round cake pan. Bake about 45 minutes at 350°. Remove from pan and cool on rack. Cut in small wedges. Serve with whipped cream cheese.

Carolyn Therrell (Allyson Therrell)

QUICK DONUTS

**1 can buttermilk or homestyle
biscuits**

1/2 c. granulated sugar

1/2 tsp. cinnamon

1/4 tsp. nutmeg (optional)

Oil

Using the center of a donut cutter or a bottle cap, cut out the center of each biscuit. Drop each donut and hole into hot oil and fry about 1 1/2 minutes on each side. They should be a golden brown; don't fry too fast as the inside will be raw. Remove from oil and drain on paper towels. Put the sugar and spices in a bag (I use a paper lunch bag) and add several donuts and holes and shake. Serve warm.

Margie Gilbert (Jennifer Hart's mom)

GRANDMA'S DUMPLINGS

1 loaf stale Vienna bread
1 1/2 c. leftover mashed potatoes
3 medium potatoes, peeled

2 eggs
1/2 c. flour
Salt and pepper

Cut bread into small cubes; add mashed potatoes, eggs, flour, and salt and pepper. Grate the peeled potatoes over the bread mixture and, using hands, mix well. Shape into balls about 2 1/2 inches in diameter. Drop into large pot of boiling water with salt and boil about 7 minutes. Drain and run under cold water. These are usually served with a beef or pork roast and gravy.

If there are any leftovers, they can be reheated by dropping into boiling water or by slicing and putting gravy on top and heating in a microwave. Leftovers can also be sliced about 1/2 inch thick and browned in a saucepan containing margarine and caraway seeds.

Betty Hart (Jennifer Hart's grandmother)

APPLE NUT BREAD

1/2 c. butter or margarine
1 c. sugar
2 eggs
1 tsp. vanilla
2 Tbsp. water
2 c. flour

1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 c. chopped nuts
1 c. chopped apple

Cream butter or margarine with sugar; beat in egg, combining well. Add vanilla and water; beat until smooth. Toss together flour, baking powder, soda, salt, nuts, and apples; fold in. Bake in greased 9x5 inch loaf pan at 325°F. for about 1 hour. Cool before slicing.

Carolyn Hull (Michelle Hull)

APPLESAUCE LOAF

1/4 c. butter, softened
1 c. sugar
1 egg
1 1/2 c. all-purpose flour
1 1/2 tsp. baking soda
1 tsp. cinnamon

3/4 tsp. nutmeg
1/2 tsp. salt
1/2 tsp. ground cloves
1 1/4 c. applesauce
1/2 c. raisins
1/2 c. chopped walnuts

Cream butter and sugar until light. Beat in egg; stir together flour, baking soda, cinnamon, nutmeg, salt, and cloves and gradually add to creamed mixture. Beat applesauce into batter. Stir in raisins and nuts. Pour into greased and floured 9x5 inch loaf

pan. Bake at 350° for 1 hour. Cool in pan 10 minutes. Remove from pan; cool on wire rack. Sprinkle with powdered sugar. Makes 1 loaf.

Also is excellent with cream cheese frosting.

Diann Angelocci (Donna Angelocci)

BRAN DATE BREAD

1 medium orange	1/3 c. margarine, softened
1 1/2 c. all-purpose flour	1/2 c. sugar
1 1/2 c. Shredded Wheat, finely rolled	2 eggs
(about 1 c. crumbs)	1 c. dates or raisins
3 tsp. baking powder	1/2 c. chopped nuts
1/2 tsp. salt	

Grate 1 teaspoon orange rind and set aside. Remove remaining peel from orange and chop fruit in blender or food processor adding enough water to make 1 cup; set aside.

In medium size bowl, combine flour, Shredded Wheat, baking powder, and salt; set aside. In another medium size bowl, use electric mixer at medium speed to beat margarine, sugar and eggs until well blended, but do not overbeat. Stir in reserved orange and orange rind. Stir in flour mixture. Fold in dates and nuts. Pour into greased 9x5x3 inch pan. Bake at 350° for 50 minutes.

Judy Whitfield

STRAWBERRY BREAD

3 c. flour	1 tsp. cinnamon
1 tsp. soda	2 c. sugar
1 tsp. salt	

Mix all of these ingredients in a mixing bowl.

In another mixing bowl, mix:

4 eggs, slightly beaten	2 c. frozen strawberries, thawed
1 1/4 c. oil	1 1/4 c. chopped pecans

Add egg mixture to dry ingredients and mix until just moist. Grease and flour 3 loaf pans, 8 1/2 x 4 1/2 inches. Pour even amounts into pans. Cook at 350° for 1 hour. Check after 50 minutes. Cool and remove from pans.

Beth Prickett (Laura Prickett)

ZUCCHINI BREAD

1 c. oil	1 tsp. baking soda
3 eggs, slightly beaten	1/4 tsp. baking powder
2 c. sugar	1 tsp. salt
2 c. grated raw zucchini, peeled	3 tsp. cinnamon
2 tsp. vanilla	1 c. chopped pecans or walnuts
3 c. all-purpose flour	

Combine oil, eggs, sugar, zucchini, and vanilla; blend well. Stir in flour, baking soda, baking powder, salt, and cinnamon. *Do not beat!* Stir in nuts. Bake at 325° in greased and floured loaf pan for 1 hour or until done.

Elizabeth McCormick (Tracy McCormick)

MARIPOSA GINGERBREAD

1 c. boiling water	2½ c. flour
1 c. butter	1 tsp. salt
1 c. sugar (white or brown)	1½ tsp. soda
1 c. molasses, maple syrup or honey	1 tsp. cinnamon
3 eggs (large)	1 tsp. ginger
	1 tsp. allspice

Pour the boiling water over the butter, sugar and syrup. Stir until butter is melted. Cool slightly; add the eggs and beat well. Sift the dry ingredients; stir in and beat until smooth. Pour into a buttered 9x13 inch pan and bake at 325° for 1 hour or until done. Frost or serve with whipped cream.

Variations - Chocolate: Add 2 squares melted unsweetened chocolate. Coffee: Use 1 cup boiling coffee in place of water. Pineapple: Use pineapple juice in place of water. Add 1 cup moist fine coconut.

Cynthia Barrow (Heather Hudson's aunt)

SWEET DOUGH RECIPES

2 pkg. cake yeast	1 c. sugar
½ c. lukewarm water	Rind and juice of 1 lemon
2 c. milk	4 eggs
1 c. margarine	½ tsp. ground nutmeg
2 tsp. salt	8 - 10 c. flour

Soften yeast in water. Scald milk and cool to lukewarm. Cream together margarine, salt and sugar. Add slightly beaten eggs, lemon, spice, lukewarm milk, and soaked yeast. Stir in flour, keeping dough soft.

Turn out onto lightly floured pastry cloth and knead. Place in a greased bowl and brush top lightly with shortening. Cover and let rise in a warm place until doubled in bulk. Punch down and mold in an oblong shape. Roll gently into rectangle ¼ inch thick, 15 inches wide, any length. Brush with margarine and sprinkle with sugar and cinnamon. Roll up as a jelly roll, pressing down last edge firmly. Cut into 1 inch slices. Place close together, cut side up, in a shallow, greased pan. Let rise until doubled in size. Bake at 350° about 25 minutes, depending upon the size of the rolls.

Spread with Powdered Sugar Icing:

¾ c. powdered sugar	¼ tsp. vanilla
2 Tbsp. hot milk	

Combine ingredients and mix until smooth. Brush over rolls.

Peggy McCollum (Julie Wells' granny)

SPATZLE

Put 2 quarts of water with 2 teaspoons salt on to boil.

While waiting for water to boil, mix:

2 1/3 c. flour
1 tsp. salt

1 egg
1 c. water

Batter should be thick. Cut dough into boiling water and boil gently about 5 minutes. Remove with slotted spoon and toss with 1/4 cup margarine.

To cut dough into water, hold bowl, with dough in it, over boiling water and try to pour dough out. As a little goes over the edge of the bowl, dip knife into water and cut dough off into water. Keep repeating.

Betty Hart (Jennifer Hart's grandmother)

QUICK DROP BISCUITS

1 1/4 c. self-rising flour

1 c. whipping cream (not whipped)

Combine flour and cream and stir until mixed. Drop biscuits by the teaspoon onto lightly greased baking sheets. Bake at 425° about 8 to 10 minutes. Makes 3 or 4 dozen bite-size biscuits or 2 or 3 dozen biscuits 1 1/2 inches in diameter.

Diane Snyder (friend of Shannon Robertson)

CLOVERLEAF ROLLS

1 pkg. dry yeast
1 c. warm water
3 Tbsp. sugar
2 Tbsp. shortening

1 egg
3/4 tsp. salt
3 - 3 1/2 c. flour, divided

In large nonmetal bowl, dissolve yeast in warm water. Add sugar, shortening, egg, salt, and 1/2 the flour. Beat at low speed of electric mixer until smooth. Stir in enough of remaining flour to make a soft dough. Place dough in greased bowl, turning to grease top. Cover and let rise in warm place, 85°, free from drafts for 1 hour or until doubled.

Punch dough down; turn out on lightly floured surface and knead 4 to 5 times. Shape dough into 1 inch balls; place 3 balls into each lightly greased muffin cup. Cover and let rise 45 more minutes or until doubled. Bake at 400° for 12 to 15 minutes or until lightly browned. Brush with melted butter.

Deanna Hart (Kim Kimball)

NEVER FAIL PAN ROLLS

3/4 c. sugar
3/4 c. shortening
1 c. boiling water
2 pkg. dry yeast
1 c. warm water

2 eggs, slightly beaten
6 - 7 c. flour, divided
1 tsp. salt
1 tsp. baking powder
1/2 tsp. soda

Cream sugar and shortening until light and fluffy. Add boiling water; mix thoroughly and set aside to cool. Dissolve yeast in 1 cup warm water; set aside. Add eggs to cooled shortening mixture. Stir in yeast mixture. Combine 5 cups flour with salt, baking powder, and soda; add to yeast mixture.

Turn dough on floured surface. Knead in enough remaining flour until dough is no longer sticky. (Dough can be refrigerated at this point.) Roll dough into 1 1/2 inch balls and place in 3 greased 9 inch round cake pans. Cover and let rise in a warm place until doubled, about 1 1/2 hours. Bake at 350° for 20 minutes or until done. This recipe makes about 3 dozen.

Candy Moore (Missy Moore)

REFRIGERATOR ROLLS

2 pkg. or cakes yeast
1/2 c. lukewarm water
1 1/2 c. milk
1/2 c. sugar

2 tsp. salt
1/4 c. shortening
1 egg
5 1/2 c. flour (about)

Soften yeast in lukewarm water. Scald milk and add sugar, salt and shortening. Cool to lukewarm. Add 2 cups flour; mix thoroughly. Add egg and softened yeast; beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board and knead until smooth and satiny.

Place in a lightly greased bowl. Grease surface. Cover and put in refrigerator or let rise in warm place until doubled in bulk, about 1 1/2 hours. Punch down. Shape rolls and place on a lightly greased cookie sheet. Let rise until doubled in size, about 45 minutes. Bake at 425° for 15 to 20 minutes. Makes about 2 1/2 dozen rolls.

Peggy McCollum (Julie Wells' granny)

YEAST ROLLS

2 pkg. dry yeast
1 c. lukewarm water
2 Tbsp. sugar
1 tsp. soda

3/4 c. cooking oil
2 c. buttermilk
5 - 6 c. self-rising flour

Dissolve yeast in water; add sugar, soda, oil, and buttermilk and stir. Add flour until stiff. Don't knead. Grease pans and flour hands. Pinch off tablespoon size pieces and place on pan. Bake at 450° until golden brown.

Marian Harris (Mindy Harris' grandmother)

YUMMY CINNAMON ROLLS

Dissolve 2 packages of yeast in 1/2 cup warm water; stir in 1 teaspoon sugar. Let set while mixing other ingredients.

2 c. milk
1 c. melted shortening
1 egg

1 Tbsp. salt
1/2 c. sugar
6 - 8 c. all-purpose flour

Mix liquid ingredients together; add dry ingredients and knead at least 10 minutes. Allow to rise 2 hours. Divide dough into 3 sections. Roll out and spread with melted butter; cover with cinnamon, sugar, raisins, and nuts if desired. Beginning at long side, roll tightly and slice. Place on cookie sheet and let rise until about double. Bake at 350° until golden brown. Ice with powdered sugar icing. Makes 80 to 100 rolls.

Rosemary Standerfer (Lise' Standerfer)

STRAWBERRY MUFFINS WITH STRAWBERRY BUTTER

Muffins:

1¾ c. flour
⅓ c. sugar
2 tsp. baking powder
½ tsp. salt

⅓ c. oil
1 egg
1 (10 oz.) pkg. frozen strawberries,
thawed and divided

In a medium bowl, combine flour, sugar, baking powder, and salt. Blend together oil, egg and 1 cup strawberries and juice. Stir into dry ingredients just until moistened. Reserve remaining strawberries and juice to make Strawberry Butter. Fill muffin pans ½ full. Bake at 400° for 15 to 20 minutes.

For microwave, microwave ½ batch at a time on HIGH for 2½ to 3 minutes. Yield: 12 to 14 muffins.

Strawberry Butter:

½ c. softened margarine

Remaining frozen strawberries

Combine margarine and strawberries and juice from Strawberry Muffins (approximately ¼ cup) in blender or food processor. Process until well blended. Refrigerate. Use as a spread for Strawberry Muffins. Yields ¾ cup.

Lillian Mueller (Traci Mueller)

RAISIN BRAN MUFFINS

1 (15 oz.) box raisin bran
5 c. flour
2 tsp. salt
1 c. oil

3 c. sugar
5 tsp. soda
4 eggs
1 qt. buttermilk

Mix and store in refrigerator (will keep 6 weeks). Pour into greased muffin tins and bake at 400° for 15 minutes.

Judy Magnuson (Vicki Magnuson)

FOUR WEEK BRAN MUFFINS

4 c. raisin bran cereal
½ c. oil
1 c. honey
2 eggs

1 tsp. salt
2 c. buttermilk
2½ tsp. baking soda
2½ c. whole wheat flour

Mix bran, flour, soda, and salt in large bowl. Add remaining ingredients and mix well. Store in the refrigerator in covered jar. Never stir again. Fill greased muffin tin ¾ full. Bake at 400° for 15 minutes for a fresh muffin anytime. Makes 36; 150 calories each.

Sharon Maxwell (Laura Counts)

SIX WEEKS BRAN MUFFINS

4 eggs (5 if not jumbo)
1 qt. buttermilk
1 c. vegetable oil
1 (16 oz.) box raisin bran
3 c. sugar

5 c. flour
5 tsp. baking soda
2 tsp. salt
Nuts and additional raisins (if desired)

Mix eggs, buttermilk and oil. Add to the remaining ingredients and mix well by hand. Paper line or grease muffin tin. Fill $\frac{2}{3}$ full with batter and bake at 400°, until springs back when lightly touched. Yield: 3 dozen.

This batter may be stored, covered, in refrigerator up to 6 weeks and used as desired.

Judy Russell (Tami Russell)

FRENCH BREAKFAST MUFFINS

$\frac{1}{3}$ c. shortening
 $\frac{1}{2}$ c. sugar
1 egg
 $1\frac{1}{2}$ c. flour
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. nutmeg
 $\frac{1}{2}$ c. milk
 $\frac{1}{2}$ c. sugar
1 tsp. cinnamon
 $\frac{1}{2}$ c. butter, melted

Heat oven to 350°. Grease muffin cups. Mix thoroughly $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup shortening and egg. With fork, stir in flour, baking powder, salt, and nutmeg alternately with milk. *Do not overmix!* Fill muffin cups $\frac{2}{3}$ full. Bake 20 to 25 minutes. Mix $\frac{1}{2}$ cup sugar and cinnamon. Immediately after baking, roll muffins in melted butter, then in cinnamon-sugar mixture. Makes about 9 muffins. Serve with Honey Butter.

Honey Butter:

$\frac{1}{4}$ c. honey
 $\frac{1}{4}$ c. powdered sugar

$\frac{1}{4}$ c. soft butter

Combine all ingredients. Beat until smooth.

Lynn Hunt (friend of Shannon Robertson)

APPLE PECAN MUFFINS

$\frac{1}{2}$ c. butter
2 c. sugar
2 eggs
1 tsp. vanilla
 $2\frac{1}{2}$ c. flour
1 tsp. baking powder
 $\frac{3}{4}$ tsp. baking soda

1 tsp. salt
 $\frac{1}{2}$ tsp. nutmeg
1 tsp. cinnamon
3 c. peeled, finely diced apples
(preferably Granny Smith)
1 c. chopped pecans

Cream butter and sugar; add eggs and vanilla and beat until fluffy. Thoroughly mix all dry ingredients. Slowly add to butter-sugar mixture, mixing only until moistened. Hand stir in the pecans and apples.

Using a $\frac{1}{4}$ cup measure, fill greased and floured muffin tins or paper baking cups set in muffin tin. Bake at 350° for 20 minutes or until muffins test done by inserting straw in center. Makes 1 dozen large muffins or 18 regular size muffins.

Jan Petter (Traci Fulford's mother)

BLUEBERRY MUFFINS

$\frac{1}{4}$ c. butter or margarine, softened
 $\frac{1}{3}$ c. sugar
1 egg
 $2\frac{1}{3}$ c. sifted all-purpose flour
4 tsp. baking powder

$\frac{1}{2}$ tsp. salt
1 c. milk
1 tsp. vanilla
 $1\frac{1}{2}$ c. fresh blueberries, rinsed and well drained

Cream butter with sugar until fluffy. Beat in egg; mix together flour, baking powder and salt and stir into creamed mixture alternately with milk, beginning and ending with flour. Add vanilla; beat well. Fold in berries. Spoon batter into greased muffin pans, filling cups $\frac{2}{3}$ full.

Topping:

$\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ tsp. cinnamon

$\frac{1}{3}$ c. sifted all-purpose flour
 $\frac{1}{2}$ c. butter or margarine

Mix together topping ingredients. Sprinkle over muffin batter. Bake at 375° for 20 to 25 minutes or until golden brown. Yield: 18 medium size muffins.

Note: Frozen berries, thawed and drained, also can be used in this recipe.

Diann Angelocci (Donna Angelocci)

PUMPKIN PIE

2 Tbsp. flour
1 tsp. nutmeg
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. cloves
1 tsp. allspice
 $1\frac{1}{2}$ c. sugar

2 c. milk
1 (No. 2) can pumpkin
1 Tbsp. melted butter
2 eggs, well beaten
1 unbaked 10 inch pie shell

Mix flour, spices, and sugar and add milk, pumpkin, butter, and well beaten eggs. Pour into unbaked 10 inch pie shell and bake at 450° for 10 minutes, then reduce heat to 325° and bake for 50 minutes.

This makes an extra large pumpkin pie.

Karen Jones (Jana Jones)

CREAMY PUMPKIN PIE

2 c. pumpkin
2 eggs*
 $\frac{3}{4}$ c. sugar
1 Tbsp. vanilla extract

1 c. evaporated milk
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. salt

Mix all ingredients in blender and fill uncooked pie shell. Bake at 425° for 10 to 15 minutes and at 350° for 40 to 45 minutes.

* An extra egg will make your pie even more like custard. *Yummy!*

Janice Kimball (Kim Kimball)

PUMPKIN PIE STREUSEL TOPPING

Use Libby's Famous Pumpkin Pie recipe on back of can of Libby's solid pack pumpkin or your favorite pumpkin pie recipe.

1/2 c. brown sugar, packed

1/4 c. flour

1/4 c. chopped pecans

1/4 c. firm butter

1/2 tsp. cinnamon

Mix all ingredients with a fork until crumbly. Sprinkle on top of pie before baking.

Kathy Wells (Julie Wells)

PECAN TARTS

1 (3 oz.) pkg. cream cheese

1/4 c. + 1 Tbsp. butter, softened

1 c. flour

1/8 tsp. salt

1 egg, lightly beaten

1 tsp. vanilla

3/4 c. light brown sugar

1 c. pecans, chopped

Place cream cheese, butter and flour in bowl. Mix with fork; gather dough into ball and wrap in wax paper or Saran Wrap. Chill 1 hour. Combine remaining ingredients and roll out chilled dough. Divide into 12 balls and roll out thin and place in muffin pan. Fill about 3/4 full with pecan mixture. Bake at 325° for 25 minutes. Cool 3 or 4 minutes. Loosen with knife and place on wire rack to cool.

Jo Fritsch (Marla Hiller)

LAURA AND WILL'S PECAN PIE

36 Kraft caramels

1/4 c. water

3/4 c. sugar

1/4 tsp. salt

1/4 c. butter

1/2 tsp. vanilla

3 eggs

1 c. pecan halves

9 inch pie shell

Melt caramels with water and butter in double boiler at low heat. Stir occasionally or until smooth. Combine sugar, salt, vanilla, and eggs. Gradually add caramel sauce; mix well. Stir in pecan halves. Pour into pastry shell. Bake at 350° for 45 minutes. Pie filling will seem soft, but will become firm.

Beth Prickett (Laura Prickett)

NITA'S PECAN PIE

3 eggs

1 c. sugar

1 c. light corn syrup

1/3 c. or 3 Tbsp. melted butter

1 c. pecans

1 unbaked pie shell

Beat eggs with butter, sugar and salt. Add Karo and vanilla. Put pecans on bottom of unbaked crust. Place pie crust in oven for 4 to 5 minutes. Pour liquid into pie shell. Bake at 350° for 50 minutes or until knife comes out clean.

This recipe came from my mother, Juanita Rapier, who has been making this wonderful pie for as many years as I can remember - and longer than that! It is a traditional favorite at Thanksgiving and Christmas!

Rosemary Standerfer (Lise' Standerfer)

BROWNIE PIE

1 stick oleo
¼ c. cocoa
½ c. flour

1 c. sugar
2 eggs, beaten
1 tsp. vanilla

Melt cocoa and oleo; add sugar and flour. Add eggs, vanilla and pecans. Pour in unbaked pie shell and bake for 30 minutes at 325°. Cool and serve with whipped cream.

Jill Locke (Dawn Hall)

GERMAN CHOCOLATE PIE

⅓ c. sugar
3 Tbsp. cornstarch
1½ c. milk
**1 (4 oz.) bar German's sweet
chocolate, cut up**
1 Tbsp. butter
2 beaten egg yolks
1 tsp. vanilla

1 (9 inch) baked pie shell
1 beaten egg
1 (5½ oz.) can evaporated milk
½ c. sugar
¼ c. butter
½ c. chopped pecans
1 (3½ oz.) can flaked coconut

In a medium saucepan, combine the ⅓ cup sugar and the cornstarch. Stir in the milk and butter. Add the chocolate; cook until thick. Stir in the beaten eggs and cook 2 minutes more. Pour into pie shell.

In another saucepan, combine the beaten egg, milk, ½ cup sugar, and ¼ cup butter. Cook and stir over medium heat just until the mixture is thickened and bubbly. Stir in the coconut and pecans. Spread the pecan mixture evenly over the chocolate filling. Cool the pie on a wire rack.

Susan Balderrama (Melanie Mathis' mother)

CHOCOLATE CHIP PIE

2 eggs
½ c. unsifted flour
½ c. sugar
½ c. brown sugar, firmly packed
**1 c. butter, melted and cooled to
room temperature**

1 (6 oz.) pkg. chocolate chips
1 c. chopped nuts
1 (9 inch) unbaked pie shell

Preheat oven to 325°. In large bowl, beat eggs until foamy. Beat in flour, sugar and brown sugar until well blended. Blend in melted butter. Stir in chocolate chips and nuts. Pour into pie shell and bake at 325° for about 1 hour. Remove from oven and cool slightly. Good served warm with whipped cream or ice cream.

I use the deep dish pie crust as there is too much batter for the regular pie crust.

Lillian Mueller (Traci Mueller)

DEWBERRY CREAM PIE

1 (10 inch or deep shell) unbaked
pie shell
Berries (to fill level with top of shell)
2 well beaten eggs
1½ c. sugar
½ c. flour

½ c. heavy cream
Pinch of salt
8 Tbsp. flour
8 Tbsp. sugar
4 Tbsp. butter

Mix eggs, 1½ cups sugar and ½ cup flour. Add cream (milk may be substituted) and salt. Pour mixture over berries and allow to settle to bottom. Mix 8 tablespoons flour, 8 tablespoons sugar and butter. Spread over top of pie. Bake at 350° for 45 minutes.

Cora Hartman (Heather Hartman)

CHERRY PIE SUPREME

9 inch unbaked pie shell
1 (1 lb. 5 oz.) can cherry pie filling
4 (3 oz.) pkg. soft cream cheese
½ c. sugar

2 eggs
½ tsp. vanilla
1 c. dairy sour cream

Preheat oven to 450°. Prepare pie shell. Spread half of cherry pie filling in bottom; set rest of filling aside. Bake shell 15 minutes or until crust is golden. Remove from oven. Reduce oven temperature to 350°.

In small bowl, with electric mixer, beat cheese with sugar, eggs, and vanilla until smooth. Pour over hot cherry pie filling; bake 25 minutes. Cool completely on wire rack.

To serve: Spoon sour cream around edge of pie. Fill center with remaining cherry pie filling. Blueberry pie filling may be substituted for cherry pie filling if desired.

Jill Locke (Dawn Hall)

STRAWBERRY PIE

3 pt. strawberries
1 c. sugar
3 Tbsp. cornstarch

⅓ c. water or wine
Baked 9 inch pie shell

Wash and hull berries. Mash enough berries to make 1 cup pulp. Combine sugar and corn starch; stir in water or wine. Add mashed berries; whirl in blender to puree.

In saucepan, cook over moderate heat, stirring constantly, until sauce is thick and smooth. Cool sauce, stirring occasionally. Arrange whole berries in pie shell; pour cooked berry mixture over fruit and chill.

Carolyn Hull (Michelle Hull)

QUICKIE STRAWBERRY PIE

1 baked pie shell
½ - ⅔ c. sugar (depending on
sweetness of berries)
2 Tbsp. cornstarch
2 c. whole strawberries

½ c. fresh mashed strawberries
⅓ c. water
Few drops red food coloring
Whipped cream or Cool Whip

Combine mashed berries, sugar, water, and cornstarch in saucepan and cook over medium heat until thick, stirring constantly. Remove from heat and add food coloring. Let cool. Next fold this thick paste into fresh berries and pour into baked pie shell. Top with Cool Whip.

Cora Hartman (Heather Hartman)

STRAWBERRY PIE

Prepare and bake a 9 inch pie shell; set aside to cool. Wash, hull and slice 1 box of strawberries. Place in pie shell.

Combine in a saucepan:

1 ½ c. water

¾ c. sugar

2 Tbsp. cornstarch

Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue to cook over low heat for 2 minutes longer or until mixture is clear and thickened. Add 1 (3 ounce) package strawberry gelatin. Stir until dissolved and pour hot mixture evenly over berries. Chill until set. Top with whipped cream or ice cream.

Diana Hudson (Heather McQueen Hudson)

STRAWBERRY PIE

**8 oz. pkg. Philadelphia cream
cheese**

3 Tbsp. cornstarch

1 qt. strawberries (2 boxes)

½ pt. whipping cream

1 c. sugar

1 tsp. lemon juice

Spread pie shell with softened cream cheese. Place half of berries in shell raw; cook other half of berries with lemon juice, sugar and cornstarch over low heat for 10 minutes. Cool and pour over other berries. Refrigerate and top with sweetened whipped cream. Serves 8.

Diane Randle (Ronda Randle)

QUICK COBBLER

1 Jiffy cake mix

Cherry:

2 cans unsweetened cherries

1 c. sugar

Peach:

1 large can peaches

1 stick butter or margarine

**⅓ c. sugar (to be sprinkled on top of
mix)**

¼ c. sugar

Mix fruit and sugar. Pour into a 9x9 inch pan. Over mixture, sprinkle Jiffy yellow cake mix. Melt butter or margarine and pour over cake mix. Bake at 350° for 40 minutes.

Sue Walker (Lynanne Walker)

FRESH PEACH COBBLER

3 c. sliced fresh peaches
1 c. sugar
¼ tsp. almond extract
1 Tbsp. lemon juice
1 tsp. grated lemon peel
1 - 1½ c. flour
3 tsp. baking powder

1 Tbsp. sugar
½ tsp. salt
⅓ c. shortening
½ c. milk
1 well beaten egg
2 Tbsp. sugar

Arrange peaches in greased 8x8x2 inch pan. Sprinkle with mixture of 1 cup sugar, almond extract, lemon juice, and lemon peel. Heat in oven while preparing short-cake.

Sift together flour, baking powder, 1 tablespoon sugar and salt. Cut in shortening until mixture is like coarse crumbs. Add milk and egg at once; stir until flour is just moistened. Spread dough over hot peaches. Sprinkle with 2 tablespoons sugar. Bake at 400° for 35 to 40 minutes.

Diann Angelocci (Donna Angelocci)

SINFUL PIE

1 can sweetened condensed milk
1 ctn. strawberries, thawed and
drained
1 small can crushed pineapple,
drained

1 small ctn. Cool Whip
1 c. pecans
1 c. coconut
¼ c. lemon juice

Mix together and put into baked pie shell or graham cracker shell and chill.

Betty Gilbreath (Nikki Butts' grandmother)

PINEAPPLE CHESS PIE

3 eggs
1½ c. sugar
1 stick melted butter or margarine
½ tsp. salt

1 tsp. vanilla
1 small can crushed pineapple
(undrained)

Beat eggs; add other ingredients and mix well. Pour this mixture into 2 unbaked 9 inch pie shells. Bake at 350° for about 45 minutes.

Candy Moore (Missy Moore)

BANANA BLUEBERRY PIE

8 oz. cream cheese
2 tsp. lemon juice
2 tsp. vanilla
2 c. powdered sugar

1 large ctn. Cool Whip
5 bananas
1 can blueberry pie filling
2 (9 inch) baked pie shells

Cream cream cheese; add lemon juice, vanilla, sugar, and Cool Whip. Put a layer of sliced bananas in bottom of each pie shell. Divide Cool Whip mixture between pie shells and then top each with ½ can blueberry pie filling. Chill before serving. Makes two 9 inch pies.

Beth Prickett (Laura Prickett)

GREEN APPLE PIE

6 green apples, shredded
1 tsp. cinnamon
½ tsp. nutmeg
Dash of allspice

1½ c. sugar
½ pt. whipping cream (not
whipped)

Pour in unbaked pie shell and bake 1½ hours at 350°.

Tresha Steffens (Stacy Steffens)

APPLE PIZZA BY AUNT MILDRED

Make pie crust pastry based on 2 cups flour.

7 - 8 medium apples, sliced ¼ inch
1½ Tbsp. lemon juice
⅓ c. sugar
1 tsp. cinnamon

¼ tsp. nutmeg
¾ c. sifted flour
½ c. sugar
½ c. butter

Use 14 inch pizza pan. Line with pie pastry for crust. Lay apple slices around edge of pan overlapping slices in a single layer. Sprinkle apples with lemon juice. Combine ⅓ cup sugar and spices. Sprinkle over apples. Combine flour and ½ cup sugar. Cut in butter until crumbly. Sprinkle over apples. Bake in very hot, 450°, oven for 20 to 25 minutes or until crust is brown. Serve warm. Best to double recipe for topping.

Mildred Cramer (Lynanne Walker's great aunt)

LEMON CHESS PIE

Line 9 inch pie pan with pastry.

1⅔ c. sugar
1 Tbsp. flour

1 Tbsp. corn meal

Toss lightly with fork.

Add:

4 eggs (unbeaten)
4 Tbsp. melted butter
4 Tbsp. milk

4 Tbsp. lemon juice
1 Tbsp. lemon rind

Beat until smooth. Bake at 375° for 35 minutes. Cut warm.

Jeanne O'Dell (Jennie Whitfield's mother)

QUICK LIME PIE

1 can Eagle Brand milk
1 (6 oz.) can frozen limeade, thawed
enough to pour from can

1 small ctn. Cool Whip
1 graham cracker crust
Green food coloring

Mix Eagle Brand and Cool Whip until blended. Add thawed can of limeade and mix well. Add food coloring to desired color. Pour into crust and garnish with graham cracker crumbs. Refrigerate for at least 2 hours.

Rosemary Standerfer (Lise' Standerfer)

CHUY'S KEY LIME PIE

8 inch pie shell, partially baked
1½ cans Eagle Brand condensed
milk
¾ c. lime juice (fresh if possible)

3 - 4 drops green food coloring
2 eggs
1½ c. whipping cream

Prepare one 8 inch pie shell using your favorite pie crust recipe. Bake in 350° oven until partially cooked; set aside.

Combine condensed milk, lime juice, food coloring, and eggs; mix well. Pour filling into pie shell and bake 15 minutes. Cool. Whip the whipping cream; top the pie with the whipped cream and refrigerate until serving time.

Sue Walker (Lynanne Walker)

THUMBS

Pastry:

1 (3 oz.) pkg. cream cheese
1¼ sticks butter

2¼ c. flour

Let cream cheese and butter soften at room temperature. Beat until smooth; add flour and mix. Divide into 4 equal parts; make 12 small balls from each of the 4 parts. Press the balls of pastry against the sides and bottoms of miniature muffin tins.

Filling:

1 stick margarine
1 c. sugar
2 eggs

1¼ c. raisins
1 c. chopped pecans

Cream butter and sugar. Add 2 eggs and beat until smooth. Stir in pecans and raisins. Top pastry with filling and bake at 325° for 25 minutes.

This is my very favorite recipe.

Shelli Mueller (Traci Mueller's sister)

BUTTERMILK PIE

3 Tbsp. flour
2 c. sugar
½ c. margarine (1 stick)
1 tsp. vanilla

3 - 5 eggs, separated
1 c. buttermilk or 1 c. milk with 2
Tbsp. lemon juice
1 unbaked pie shell

Mix flour and sugar and cream margarine; add well beaten egg yolks. Add slightly beaten egg whites, buttermilk and vanilla. (Three eggs make a great pie; 5 eggs make pie more like custard - try both ways.) Bake 45 minutes at 350°.

Homemade pie shell:

⅓ c. shortening
1 c. flour

½ tsp. salt
4 - 5 tsp. water

Blend shortening and flour; add salt and water. Roll out in flour.

Janice Kimball (Kim Kimball)

ICEBOX PIE

1 (9 inch) pie crust
1 banana
1 pkg. Instant Dream Whip
1 c. powdered sugar

1 (3 oz.) pkg. Philadelphia cream
cheese
1/2 tsp. almond extract
1 can Comstock pie filling

Slice bananas and line crust with them. Mix Dream Whip according to package directions. Add sugar, cream cheese and extract. Pour into crust. Top with Comstock pie filling (cherry and blueberry are best). Store in refrigerator.

Deanna Hart (Kim Kimball)

FRUIT PIZZA

Glaze - Make first and cool:

1/2 c. orange juice
1/2 c. lemon juice

1/2 c. sugar, mixed with 2 Tbsp.
cornstarch

Boil until thick; cool.

Crust - Bake Duncan Hines sugar cookie mix according to package, in pizza pan and cool (frozen sugar cookie mix works just as well).

Cream - Cream together and spread on crust:

1/2 c. powdered sugar
8 oz. cream cheese

1/2 tsp. vanilla

Fruit - Layer sliced fruit in circles on top of cream cheese layer (kiwi, strawberries, bananas, and blueberries).

Pour cooled glaze over fruit layer, covering fruit completely.

Elizabeth McCormick (Tracy McCormick)

MARGARITA PIE

1 (9 inch) pie shell
1 Tbsp. unflavored gelatin (1 env.)
1 c. granulated sugar
1 tsp. salt
4 eggs, separated
1 c. lime juice

1 tsp. grated lime peel
1/3 c. tequila
2 Tbsp. Cointreau or Triple Sec
1/2 c. heavy cream
2 Tbsp. powdered sugar
8 lime peel twists

Prepare pie shell according to directions for basic pie crust. Mix the gelatin, 1/2 cup granulated sugar and salt in a heavy 2 to 3 quart saucepan. In a separate bowl, beat the egg yolks and lime juice together until foamy. Add this to the gelatin mixture. Cook over low heat, stirring until gelatin is dissolved (takes 3 to 5 minutes). Remove from heat. Stir in the lime peel, tequila, and Cointreau or Triple Sec. Cool and chill until thickened but not firmly set.

In a large mixing bowl, beat the egg whites until stiff. Slowly add the remaining 1/2 cup sugar, beating constantly until well blended. Gently fold the egg whites into the gelatin mixture. Turn into the pie crust and chill until set. Serves 8.

Dorothy Bourland (Nikki Butts)

PASTRY ROLL

2 sticks oleo
1 (8 oz.) pkg. cream cheese

2 c. flour

Let the oleo and cream cheese get soft; mix together. Add flour; roll up in bowl and set in refrigerator for 1 hour. Take out of refrigerator and roll dough out like a pie crust. Cut with cookie cutter in circles, 3 to 4 inches in diameter. You may put preserves, fruit or anything on top and roll up. Bake for 20 to 25 minutes at 375°.

Bernice Cole (Dawn Hall's grandmother)

BREAD PUDDING

1 lb. loaf Vienna bread (can
substitute French), cut off
crusts to cube

3 c. milk

1 c. cream

3 eggs, beaten

1½ c. sugar

2 Tbsp. almond

¾ c. chopped, dried apricots

¾ c. slivered almonds

¾ c. white raisins

Spray pan with Pam. Bake at 350° for 1 hour.

Topping:

1 c. powdered sugar

1 egg, beaten

½ c. butter

¼ c. Amaretto

Before serving, pour topping over pudding.

Carol Stroh (Christa Henry's friend)

Notes



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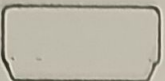
Cakes, Cookies, Desserts



HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

	COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:																												
A  B  C  D  E  F  G  H  I  J  K 	4-cup baking dish: 9-inch pie plate 8x1¼-inch layer cake pan - C 7⅝x3⅝x2¼-inch loaf pan - A 6-cup baking dish: 8 or 9x1½-inch layer cake pan - C 10-inch pie plate 8½x3⅝x2⅝-inch loaf pan - A 8-cup baking dish: 8x8x2-inch square pan - D 11x7x1½-inch baking pan 9x5x3-inch loaf pan - A 10-cup baking dish: 9x9x2-inch square pan - D 11¾x7½x1¾-inch baking pan 15x10x1-inch jelly-roll pan 12-cup baking dish and over: <table> <tr> <td>13½x8½x2-inch glass baking pan</td> <td>12 cups</td> </tr> <tr> <td>13x9x2-inch metal baking pan</td> <td>15 cups</td> </tr> <tr> <td>14x10½x2½-inch roasting pan</td> <td>19 cups</td> </tr> </table>	13½x8½x2-inch glass baking pan	12 cups	13x9x2-inch metal baking pan	15 cups	14x10½x2½-inch roasting pan	19 cups																						
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9x3-inch pan - B	16 cups																												
8½x2¼-inch mold - E	4½ cups																												
9¼x2¾-inch mold - E	8 cups																												
6x4¼-inch mold - G	7½ cups																												
9½x3¼-inch pan - F	8 cups																												

CAKES, COOKIES, DESSERTS

CREAM CHEESE CAKE

6 eggs
3 c. sugar
3 sticks margarine

8 oz. cream cheese
2 tsp. vanilla
3 c. flour

Have eggs, margarine and cream cheese at room temperature. Cream sugar, margarine and cream cheese together. Add eggs, one at a time. Add vanilla and flour. Put in greased and floured tube pan. Bake at 325° until done, 1 hour and 10 minutes to 1 hour and 25 minutes.

Tresha Steffens (Stacy Steffens)

LINDY'S CHEESECAKE

Pastry:

1 c. sifted all-purpose flour
¼ c. sugar
1 tsp. grated lemon rind
1 egg yolk

½ c. butter
Pulp from small piece of vanilla
bean (I use ¼ tsp. vanilla)

Combine sifted flour with sugar, lemon rind, and vanilla. Make a well in the center and add the egg yolk and butter. Work all ingredients quickly with hands until well blended, adding a little cold water if necessary to make a light dough. Wrap dough in wax paper and chill for 1 hour.

Roll out dough to ⅛ inch thickness. Place it over the bottom of an oiled 9 inch springform cake pan. Trim dough by running a rolling pin over the sharp edge. Bake in a preheated 400° oven about 15 minutes or until lightly browned. Cool; butter the sides of the springform pan and place it over the base. Roll out the remaining dough to ⅛ inch thickness and cut a band of dough to fit sides. Line the sides with the band of dough, pressing it firmly against the bottom crust.

Filling:

2½ lb. cream cheese
1¾ c. sugar
3 Tbsp. flour
1½ tsp. grated orange rind
1½ tsp. grated lemon rind

¼ tsp. vanilla extract
5 whole eggs
2 egg yolks
¼ c. heavy cream

Combine cream cheese, sugar, flour, lemon and orange rinds, and vanilla; blend thoroughly. Add the whole eggs and egg yolks, one at a time. Beat lightly after each addition. Fold in the cream. Fill the prepared pan with the cheese filling. Bake in preheated 550° oven for 12 minutes; reduce heat to 300° and continue baking 1 hour. Cool before cutting. May be topped with sour cream.

Margie Gilbert (Jennifer Hart's mom)

SUMMER CHEESECAKE

1½ c. finely crushed arrowroot
cookies or graham cracker
crumbs

6 Tbsp. butter, melted

2 (8 oz.) pkg. cream cheese,
softened

¾ c. sugar

1 tsp. vanilla

2 Tbsp. lemon juice

4 eggs

2 c. sour cream

¼ c. sugar

½ tsp. vanilla

Mix crumbs and butter; pat onto bottom and sides of a 9 inch springform pan. Chill in freezer. Cream cheese well; add sugar and beat until fluffy. Mix in vanilla and lemon juice. Add eggs, one at a time, beating well after each one. Pour into prepared pan and bake at 325° for 40 minutes. Remove from oven.

Mix sour cream, sugar and vanilla and spread onto baked cheesecake. Return to oven and bake 10 more minutes. Cool to room temperature; store in refrigerator overnight. Garnish with fresh fruit and serve.

Lynn VanDelinder (Laura VanDelinder)

SPRING BREEZE CHEESECAKE

1 (8 oz.) pkg. cream cheese,
softened

⅓ c. sugar

1 c. sour cream (½ pt.)

2 tsp. vanilla

1 (8 oz.) Cool Whip, thawed

1 ready made pie crust (graham
cracker)

Fresh strawberries

Beat cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla. Fold in whipped topping; blend together well. Spoon into crust. Chill until set (at least 4 hours). Garnish with fresh strawberries if desired.

Gina Stowers (Stephanie Stowers' sister)

CHEESECAKE

1¼ c. graham cracker crumbs

¼ c. sugar

½ c. butter, softened

2 eggs

½ c. sugar

1 tsp. vanilla

1 (8 oz.) pkg. cream cheese,
softened

Sweetened whipped cream

Heat oven to 300°. Mix crumbs, ¼ cup sugar and the butter; press firmly and evenly in bottom of ungreased baking pan, 9x9x2 inches (set aside 2 tablespoons of crumb mixture to garnish if no topping is used).

Beat eggs until thick and lemon colored; beat in ½ cup sugar, the cream cheese and vanilla until smooth. Pour over crumb mixture. Bake 30 minutes. Sprinkle with crumb mixture; cool. Pour filling over cream cheese mixture. Serve with sweetened whipped cream.

Quick toppings: Use 1 (21 ounce) can cherry or blueberry pie filling. This has been my most popular dessert dish at parties, etc.

Jeannie Hall (Christina Hall)

WORLD'S BEST AND EASIEST CHEESECAKE

8 inch graham cracker crust
2 eggs
½ tsp. vanilla extract

12 oz. cream cheese, softened
½ c. sugar

Preheat oven to 350°. In small bowl with mixer at low speed, beat eggs, cheese, sugar, and vanilla just until mixed. Beat at high speed until smooth. Pour into crust. Bake 35 minutes or until set. Cool on wire rack. Refrigerate.

Cheryl Cook (Kim Kimball)

DOUBLE CHOCOLATE MINIATURE CAKES

Filling:

1 (3 oz.) pkg. cream cheese,
softened
1 egg (unbeaten)
1 egg yolk

¼ c. granulated sugar
¼ c. semi-sweet chocolate chips
Dash of salt

Combine all filling ingredients, except chocolate chips, in a small bowl and beat until smooth with mixer at medium speed. When the mixture is smooth, add the chips and set aside.

Batter:

1½ c. sifted flour
¼ c. cocoa
¾ tsp. baking soda
½ tsp. salt
1 c. granulated sugar

¾ c. water
⅓ c. salad oil
1 egg white
1 Tbsp. vinegar
1 tsp. vanilla

Sift all dry ingredients together in a large mixing bowl. Combine all wet ingredients in a separate bowl and beat well with a fork. Add the wet ingredients to the dry all at once, mixing well with a spoon. Fill each cupcake pan, lined with paper liners, with about 2 tablespoons of the cocoa batter. Into center of each cupcake pan, spoon 1 tablespoon of filling. Sprinkle tops with more granulated sugar and toasted, slivered almonds. Bake at 350° for 25 to 30 minutes. Makes 12 to 18.

Pat Wilson (Jennifer Wilson)

GERMAN CHOCOLATE POUND CAKE

2 c. sugar
1 c. shortening
4 eggs
2 tsp. vanilla
2 tsp. butter flavoring

1 c. buttermilk
3 c. flour
½ tsp. baking soda
1 tsp. salt
1 pkg. German's sweet chocolate

Cream sugar and shortening; add eggs, flavoring and milk. Sift dry ingredients and add; mix well. Add melted chocolate. Pour into a greased and floured Bundt or stem pan. Bake at 300° for 1½ hours. Cover while hot.

Arvinel McClaren (Tami Russell's friend)

GERMAN CHOCOLATE CAKE

1 (4 oz.) pkg. Baker's sweet
chocolate
½ c. boiling water
1 c. butter or margarine
2 c. sugar
4 egg yolks

1 tsp. vanilla
2½ c. sifted cake flour
1 tsp. baking soda
½ tsp. salt
1 c. buttermilk
4 egg whites, stiffly beaten

Melt chocolate in water; cool. Cream butter and sugar; add yolks, one at a time. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk. Fold in beaten egg whites. Bake at 350° for 30 to 40 minutes. Makes three 8 or 9 inch layers.

Coconut-Pecan Frosting - Combine:

1 c. evaporated milk
1 c. sugar
3 egg yolks

½ c. butter
1 tsp. vanilla

Cook over medium heat until thickened, about 12 minutes. Add 1½ cups coconut and 1 cup chopped pecans.

Virginia Moore (friend of Shannon Robertson)

CHOCOLATE CHIP CAKE

1 yellow cake mix
1 small vanilla instant pudding
1 small chocolate instant pudding
4 eggs

1½ c. water
½ c. oil
1 (6 oz.) pkg. chocolate chips
1 c. chopped nuts

Mix all ingredients together for about 4 minutes. Bake at 325° for 40 to 50 minutes in a tube pan. I usually melt a Hershey's bar on the top after the cake is out of the pan. *Simply delicious!*

Lillian Mueller (Traci Mueller)

CHOCOLATE CHIP CAKE

1 box white cake mix
1 small box chocolate instant
pudding
½ c. oil
½ c. water

4 eggs
1 c. sour cream
1 (6 oz.) pkg. semi-sweet chocolate
chips

Combine all ingredients, except chocolate chips and beat well. Add chocolate chips and stir. Pour into a greased and floured Bundt pan. Bake for 1 hour at 350° until done.

Shari Brady (Teresa Brady)

CHOCOLATE SHEET CAKE

Combine in bowl:

2 c. flour
2 c. sugar

½ tsp. salt
1 tsp. soda

Heat only until melted:

1 stick margarine
½ c. shortening

1 c. water
3 Tbsp. cocoa

Add to flour mixture and beat well.

Add:

2 eggs
½ c. buttermilk

1 tsp. vanilla

Blend thoroughly; pour into a greased and floured 15x11x1 inch baking sheet. Bake 20 minutes at 400°.

Icing - While cake is baking, heat together:

1 stick margarine
4 Tbsp. cocoa

6 Tbsp. milk

Remove from heat and add:

1 box powdered sugar
1 tsp. vanilla

1 c. chopped pecans

Blend thoroughly. Pour over cake as soon as it is removed from oven. Makes 24 servings.

Elizabeth McCormick (Tracy McCormick)

LOW CHOLESTEROL BROWNIE CAKE

Preheat oven to 375°.

1⅓ c. flour
3 Tbsp. cocoa
½ tsp. salt

1 tsp. soda
1 c. sugar

Mix together in a medium bowl.

1 Tbsp. vinegar
1 Tbsp. vanilla

4 Tbsp. oil

Blend into dry ingredients. Add 1 cup cold water to mixture until blended. Bake for approximately 30 minutes in a 9x9 inch pan.

Karen Counts (Laura Counts)

CHOCOLATE BUTTERSCOTCH CAKE

**1 box yellow cake mix (Duncan
Hines)**
5 large eggs
½ c. oil

½ c. Hershey's chocolate syrup
1 c. cold water
**1 box Instant butterscotch pudding
(regular size)**

Place all ingredients, except chocolate syrup, in a large bowl of an electric mixer. Beat until well blended and fluffy (medium to high speed, 3 to 4 minutes). Pour about ¾ of this mixture into a greased and floured Bundt or tube pan. One may use any sort of pan or pans, but if small loaf pans are to be used, baking time will have to be decreased.

To the remaining $\frac{1}{3}$ of the batter, add the chocolate syrup and blend it in with a spatula. Pour this mixture over the batter in the pan. *Do not stir or mix.* The batter with the syrup is heavier and will settle in the middle of the baked cake creating an interesting pattern. Bake in a 350° oven for 50 minutes if using a Bundt pan. About 30 minutes baking time will probably suffice if one uses loaf pans. Turn out of pan right away; sprinkle with powdered sugar and wrap in plastic. Place on piece of foil and wrap securely. Cool before slicing. Cake may be cooled unwrapped, but it will not be as moist.

To make a chocolate orange cake, use orange cake mix. Add 2 teaspoons of orange flavoring and use chocolate instant pudding instead of butterscotch. Proceed exactly as previously stated.

In making these cakes, don't attempt to use any fake greasing agents for the pans or the cake may never come out of the pan in one piece. The calories one may save by using a fake grease are negligible compared to the calories contained in the cake!

Mrs. Angela Gaston (Anderson teacher)

MOIST CHOCOLATE CAKE

1 pkg. chocolate cake mix with
pudding
1 c. mayonnaise

1 c. water
3 eggs

Blend all ingredients. Beat at medium speed 2 minutes. Pour into greased and floured pans, two 9 inch pans or one 9x13 inch. Bake at 350° for 30 to 35 minutes or until cake pulls away from pan and springs back when touched lightly in center. Cool 10 minutes in pan.

Maxine Holmans (Stephanie Stowers' grandmother)

INSIDE-OUT CHOCOLATE BUNDT CAKE

1 (4½ oz.) pkg. chocolate fudge
instant pudding
1 pkg. devils food cake mix
1 (12 oz.) pkg. semi-sweet
chocolate chips

1¾ c. milk
2 eggs

Combine pudding mix, cake mix, chips, milk, and eggs in a bowl. Mix by hand until well blended, about 2 minutes. Pour into greased and floured 12 cup tube or Bundt pan. Bake at 350° for 50 to 55 minutes.

Judy DeWitt (Tammy DeWitt)

MEXICAN FRUITCAKE

2 c. + 2 Tbsp. flour
2 c. sugar
1 Tbsp. water
2 eggs

1 (20 oz.) can crushed pineapple
(undrained)
1 c. nuts
1 tsp. baking soda

Mix thoroughly. Do not use electric mixer. Place in a 9x13 inch greased pan. Bake at 350° for 50 minutes or until done.

Icing:

2 c. powdered sugar
½ c. margarine, softened

1 tsp. vanilla
2 (3 oz.) pkg. cream cheese

Cream together icing ingredients. Spread on cooled cake.

Nancy Weber (Tami Russell's aunt)

POOR MAN'S FRUIT CAKE (NO EGGS NEEDED)

2 c. sugar
½ lb. margarine
1 lb. raisins
2 c. water

3 tsp. cinnamon
1 tsp. nutmeg
½ tsp. cloves
½ tsp. salt

Put preceding ingredients in pan on stove and cook for 3 minutes.

4½ c. sifted flour
2 tsp. baking soda
½ lb. candied fruit

1 tsp. baking powder
½ c. water
½ c. chopped nuts

Cool cooked mixture; add baking soda to water, flour and baking powder. Add candied fruit and chopped nuts to some of flour mixture. Mix in with other ingredients. Bake at 325° for 1¼ hours or until done. Makes 10 inch tube cake.

Grandma Jacob (Kim Kimball)

ITALIAN CREAM CAKE

Cake:

2 c. sugar
1 stick oleo
½ c. shortening
5 egg yolks
1 tsp. vanilla
1 c. buttermilk

2 c. flour
1 tsp. soda
½ tsp. salt
1 c. chopped pecans
2 c. Angel Flake coconut
5 egg whites

Cream sugar, oleo and shortening. Add egg yolks, one at a time. Add vanilla, buttermilk, flour, soda, salt, pecans, and coconut. Beat egg whites and fold into batter. Bake at 350° in 3 layers for 30 to 40 minutes.

Icing:

1 stick oleo
1 (8 oz.) pkg. cream cheese

1 tsp. vanilla
1 box powdered sugar

Mix icing ingredients and spread on cake. Sprinkle with chopped pecans and coconut.

Susan Balderrama (Melanie Mathis' mother)

CAJUN CAKE

Cake:

2 eggs
1½ c. sugar
1 medium can crushed pineapple

2 c. flour
1½ tsp. baking soda
1 tsp. salt

Beat eggs until foamy. Stir in sugar and pineapple. Sift together flour, baking soda and salt. Add to egg mixture; beat well. Bake in foil lined oblong pan at 250° for 1½ hours, until golden brown on top.

Icing:

1 stick oleo
1 c. sugar
1 small can evaporated milk

1 small can coconut
1 c. chopped pecans
1 tsp. vanilla

Start icing about 15 to 20 minutes before cake is done. Bring oleo to a boil; add sugar and milk. Boil 7 minutes; remove from heat. Add coconut, pecans and vanilla. Spread on cake immediately after removing from oven. Let cake stand overnight in a paper bag (folded closed) to retain moisture.

Judy Magnuson (Vicki Magnuson)

ADAM AND EVE TORTE

Torte:

¼ c. butter, melted
1 c. sugar
1 egg
1 c. flour
1 tsp. soda

¼ tsp. nutmeg
¼ tsp. cinnamon
2 c. chopped apples
¼ c. chopped nuts

Mix torte ingredients and pour into 7x12 inch pan. Bake at 350° for 40 minutes.

Sauce:

½ c. brown sugar
¼ c. granulated sugar
½ c. half & half

½ c. butter
½ tsp. vanilla

Combine and simmer sauce ingredients for 5 minutes. Serve sauce warm over cake topped with ice cream.

Judy Russell (Tami Russell)

STRAWBERRY DELIGHT CAKE

Cake:

1 pkg. white cake mix
1 pkg. strawberry jello
½ (10 oz.) pkg. frozen strawberries

⅓ c. oil
½ c. cold water
4 unbeaten egg whites

Mix together cake mix, jello, strawberries, oil, and water for 2 minutes. Add egg whites and beat for 5 minutes. Bake at 350° for 30 minutes. Makes 2 layers.

Frosting:

1 (1 lb.) box powdered sugar
½ c. butter

½ pkg. frozen strawberries

Beat together frosting ingredients and ice cake.

Tresha Steffens (Stacy Steffens)

NEIMAN MARCUS CAKE

1 yellow butter cake mix or 1
chocolate pudding cake mix
1 stick oleo, melted
2 eggs
1 c. chopped pecans

8 oz. cream cheese
2 eggs
1 box powdered sugar
Vanilla

Mix cake mix, oleo, eggs, and chopped pecans. Press in a greased 13x9 inch pan. Mix remaining ingredients and pour over crust. Bake at 300° for 1 hour. Cut into small bars.

Cora Hartman (Heather Hartman)

PUDDING CAKE

Crust:

1 c. flour
1 stick oleo, melted

1 c. nuts

Mix crust ingredients and bake at 350° for 20 minutes; cool.

Second layer:

8 oz. cream cheese
1 c. powdered sugar

1 c. Cool Whip

Mix second layer ingredients and spread over cooled crust.

Third layer:

1 pkg. vanilla instant pudding
1 pkg. chocolate instant pudding

3 c. milk

Beat third layer ingredients until thick, but do not use electric mixer. Spread over second layer. Top with Cool Whip. Keep in refrigerator.

Jill Locke (Dawn Hall)

BETTY'S POPPY SEED CAKE

1 box Duncan Hines white cake mix
1 box instant vanilla pudding
1 c. hot water
1/4 c. oil

4 eggs
4 Tbsp. poppy seed
1 tsp. almond extract

Mix dry cake mix and pudding in a large bowl. Add remaining ingredients and mix thoroughly. Put in greased and floured Bundt pan. Bake at 350° for 1 hour.

Topping: Mix enough powdered sugar with juice of 1 lemon to make runny. Drizzle over cooled cake.

Betty Cunningham (Marla Hiller)

MIRACLE WHIP CAKE

2 c. sifted flour
1 c. sugar
2 tsp. baking soda

5 heaping Tbsp. cocoa or Quik
1 c. warm water
1 egg

Sift flour and measure. Sift together flour, sugar, soda, cocoa, and add Miracle Whip, water and egg; mix well. Add nuts if desired. Bake at 420° for 30 minutes or until done.

Tillie Weber (Tami Russell's grandmother)

POPCORN CAKE

4 qt. popped popcorn
1 lb. small gumdrops
½ lb. cocktail peanuts
½ c. oleo or butter

½ c. oil
1 lb. marshmallows
1 bag M&M's (optional)

Mix popcorn and all dry ingredients. Melt marshmallows in oil and oleo. Pour this mixture over dry ingredients mixture and mix well. Press into a well buttered tube pan. Unmold when cool. Buttered plastic bags on hands make pressing into pan easier.

This looks good at Christmas when red and green gumdrops and M&M's are used.

Cora Hartman (Heather Hartman)

BOILED CAKE

2 c. sugar
2 c. hot water
1 c. shortening
4 c. flour
½ lb. raisins
½ lb. dates

1 pkg. mincemeat
2 tsp. cinnamon
2½ tsp. allspice
⅓ tsp. salt
2 tsp. soda
1 lb. pecans

Put all ingredients, except flour and soda, in pan and boil for 1 minute. Remove from fire; add soda immediately. Cool. Add flour gradually, beating after each addition. Bake in moderate oven, about 300°, in large tube pan for 3 hours.

Kay Krause (Marla Hiller)

CREAMY COCONUT CAKE

1 pkg. yellow cake mix
1½ c. milk
½ c. sugar

2 c. Angel Flake coconut
3½ c. or 1 (8 oz.) Cool Whip

Prepare cake as directed on box and bake in 13x9 inch pan. Cool 15 minutes; poke holes in cake with utility fork. Combine milk, sugar and ½ cup coconut in saucepan. Bring to a boil; reduce heat and simmer 1 minute. Spoon evenly over warm cake. Cool completely. Fold ½ cup of the coconut into whipped topping and spread over cake. Sprinkle with remaining coconut. Chill overnight. Store cake in refrigerator.

Maxine Holmans (Stephanie Stowers' grandmother)

GINGERBREAD CAKE

2½ c. flour
1½ tsp. soda
½ tsp. salt
1 tsp. ginger
1 tsp. cinnamon
1 tsp. cloves

½ c. oil
½ c. sugar
1 egg
1 c. molasses
1 c. hot water

Mix all ingredients together until well blended. Pour into a 9x13 inch pan. Bake at 350° for 35 to 45 minutes or until done. Serve with Cool Whip or other whipped topping.

Karen Counts (Laura Counts)

PINCH-ME CAKE

First ingredients:

1 stick butter
1 c. sugar

2 tsp. vanilla

Preheat oven to 350°. Grease Bundt pan. Combine first ingredients in pan over low heat. Bring to a boil and set aside.

Second ingredients:

2 Tbsp. cinnamon
½ c. sugar

3 cans biscuits

Combine second ingredients, except biscuits and set aside. Using only 1 can of biscuits at a time, cut into fourths. Place cuts in plastic bag with second ingredients and shake until cuts are well coated. Place cuts in Bundt pan and cover with 3 tablespoons hot butter mixture. Repeat with second and third cans. Pour remaining butter mixture over last row. Sprinkle with remaining dry ingredients. Bake at 350° for 30 to 40 minutes. Let stand 5 minutes and remove from pan.

Lisa Card (Jodie Perryman)

BLACK BOTTOM CUPCAKES

8 oz. cream cheese
1 egg
⅓ c. sugar
⅛ tsp. salt
1 (6 oz.) pkg. chocolate chips
1½ c. flour
1 c. sugar

1 tsp. baking soda
¼ c. cocoa
½ tsp. salt
1 c. water
⅓ c. oil
1 Tbsp. vinegar
1 tsp. vanilla

Beat well first 4 ingredients; stir in chocolate chips and set aside. Beat all remaining ingredients until well blended. Fill cupcake liners between ⅓ and ½ full. Top each with a heaping teaspoon of cream mixture. Bake at 350° for 25 to 30 minutes.

Lisa Card (Jodie Perryman)

ONE-TWO-THREE-FOUR CAKE

½ lb. butter	2 c. sugar
4 eggs	3 c. flour
3 tsp. baking powder	1 c. milk
2 tsp. vanilla flavoring or half vanilla and half almond	

Cream butter and sugar; add eggs, one at a time. Mix flour and baking powder and add about ¼ cup at a time, alternating with milk. Add flavoring; beat 3 minutes. Bake for 45 minutes to 1 hour at 375°.

Janice Kimball (Kim Kimball)

SPICED PUMPKIN CAKE

1 (18.5 oz.) pkg. yellow cake mix without pudding	¼ c. water
4 eggs	1 tsp. ground cinnamon
1 c. canned pumpkin	Dash of ground nutmeg
¾ c. sugar	1½ c. powdered sugar
½ c. vegetable oil	1½ - 2 Tbsp. milk

Combine first 8 ingredients in large mixing bowl; beat for 2 minutes on medium speed of mixer. Pour into a greased and floured 10 inch Bundt pan. Bake at 350° for 50 to 55 minutes. Cool on wire rack. Combine powdered sugar and milk; stir until smooth. Drizzle over cake.

Carolyn Therrell (Allyson Therrell)

HAWAIIAN CAKE

2 c. all-purpose flour	1 tsp. rum flavoring
1½ c. sugar	2 eggs (unbeaten)
2 tsp. baking soda	1 (20 oz.) can crushed pineapple and juice
¼ tsp. salt	

Blend ingredients with spoon. Pour into greased and floured 11x13 inch pan. Bake at 350° for 30 to 35 minutes. Ice while hot.

Icing:

1 stick oleo	⅔ c. sugar
1 small can evaporated milk	½ c. coconut
½ tsp. rum flavoring	½ c. chopped pecans

Combine oleo, milk, flavoring, and sugar in a saucepan and cook slowly until thick, about 25 minutes. Stir. Add coconut and nuts. Spread on hot cake.

Rosemary Roe (Nikki Butts)

SOUR CREAM POUND CAKE

½ lb. butter	¼ tsp. baking powder
3 c. sifted sugar	½ c. sour cream
6 large eggs	2 tsp. vanilla
3 c. sifted cake flour	1 tsp. almond flavoring

Cream butter and sugar well. Add eggs, one at a time, beating well after each addition. Sift flour and baking powder together. Add to batter alternately with the sour cream. Fold in flavoring. Put in large tube pan, preferably Bundt, that has been well greased and floured. Bake at 325° for 1½ hours.

Tommy Fullilove (Aimee Fullilove)

CREAM CHEESE POUND CAKE

3 sticks butter	6 eggs
3 c. sugar	3 c. sifted flour
1 (8 oz.) cream cheese	1 tsp. vanilla <i>or</i> rum <i>or</i> almond
½ tsp. salt	

Cream butter, cheese and sugar until light and fluffy. Add salt and flavoring. Add eggs, one at a time, beating after each addition. Beat in flour, one cup at a time. Grease and flour Bundt pan. Bake at 325° for 1½ hours.

Glaze:

1 c. powdered sugar	Juice of 1 lemon or pineapple
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Beth Prickett (Laura Prickett)

ONE STEP POUND CAKE

2¼ c. unsifted unbleached flour	2 c. sugar
1 c. butter or margarine, softened	½ tsp. salt
1 (8 oz.) ctn. yogurt (any flavor)	½ tsp. baking soda
3 large eggs	

Combine all ingredients in large bowl. Blend at low speed until mixed. Beat 3 minutes at medium speed. Pour into greased and floured Bundt or tube pan, 10 inches. Bake at 325° for 60 to 70 minutes, until cake springs back when touched. Cool upright in pan 15 minutes. Remove from pan. May be glazed when cool.

Glaze:

1 c. powdered sugar	2 Tbsp. lemon juice
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Grandma Esther Jacob (Kim Kimball)

FIVE FLAVORS POUND CAKE

2 sticks butter	5 eggs
½ tsp. baking powder	1 tsp. vanilla flavoring
3 c. flour	1 tsp. rum flavoring
1 c. milk	1 tsp. coconut flavoring
½ c. shortening	1 tsp. butter flavoring
3 c. sugar	1 tsp. lemon flavoring

Cream butter, shortening and sugar; add eggs. Combine flour and baking powder. Add alternately with milk. Add flavorings. Bake in greased and floured Bundt pan for 1 hour at 325°. Remove from pan immediately. Glaze.

Glaze:

1 c. sugar
1/2 c. water
1/2 tsp. vanilla flavoring
1/2 tsp. rum flavoring

1/2 tsp. coconut flavoring
1/2 tsp. butter flavoring
1/2 tsp. lemon flavoring

Bring to a boil. Cook slowly until syrup thickens some. Pour over hot cake. (I cook this while cake is baking.)

Carolyn Therrell (Allyson Therrell)

PINEAPPLE ICEBOX CAKE

1 yellow cake mix, baked in a 9x13
inch pan
1 (20 oz.) can crushed pineapple
(with juice)
1 c. sugar

1 (3 oz.) pkg. instant vanilla pudding
1 (3.5 oz.) can flaked coconut
1 (8 oz.) ctn. frozen whipped
topping, thawed
1 c. chopped pecans

Simmer pineapple and sugar in a small saucepan until sugar dissolves. Poke holes in cake with long tined fork. Cover with warm pineapple mixture and chill until completely cool, at least an hour.

Prepare pudding according to package directions; stir in coconut. Spread over pineapple. Cover with whipped topping; sprinkle with pecans. Keep covered in refrigerator; serve chilled. Serves 12 generously.

Linda I. Pedro (Tiffany D. Pedro)

PINEAPPLE ICEBOX CAKE

1 stick oleo
1 1/2 c. sugar
2 eggs
1 can crushed pineapple, partially
drained

1 c. nuts
1 (5 1/2 oz.) box vanilla wafers,
crushed

Cream oleo and sugar; add beaten eggs and remaining ingredients, except vanilla wafers. Place layer of crushed vanilla wafers in 9x9 inch baking dish. Top with layer of pineapple mixture and repeat. Refrigerate for 24 hours and top with Cool Whip.

Sharon Noble (Stephanie Stowers' mother)

PINEAPPLE MERINGUE CAKE

1 c. sifted cake flour
2 tsp. baking powder
1/8 tsp. iodized salt
4 egg whites
1 c. sugar
1 tsp. vanilla

1/2 c. shortening
1/2 c. sugar
4 egg yolks
5 Tbsp. milk
1 tsp. vanilla
3/4 c. finely chopped pecans

Resift flour with baking powder and salt; set aside. Beat egg whites to soft peaks. Gradually beat in 1 cup sugar, continuing to beat until stiff. Beat in 1 teaspoon vanilla; set aside. Cream shortening with remaining 1/2 cup sugar. Beat in egg yolks. Blend in flour mixture alternately with milk and vanilla mixture. Divide batter evenly between 2

waxed paper lined 8 inch layer cake pans. Top each with half the meringue and sprinkle with the pecans.

Bake in preheated 350° oven for 35 to 45 minutes or until cake tests done and meringue is a light golden brown. Loosen edges of cake and meringue with small spatula and remove. Place 1 layer, meringue side down, on serving plate and spread with Pineapple Cream Filling. Top with second layer, meringue side up. Refrigerate several hours or overnight before serving. Serves about 12.

Note: If meringue crumbles or spreads on baking, press into shape with hands if necessary. Cake and filling will mellow on standing.

Pineapple Cream Filling:

**1 (13½ or 15½ oz.) can crushed
pineapple, well drained
1 c. whipping cream (½ pt.)**

**1½ tsp. confectioners sugar
¼ tsp. vanilla**

Beat cream with sugar and vanilla until stiff; fold in pineapple. Use to fill Pineapple Meringue Cake.

Margie Gilbert (Jennifer Hart's mom)

BANANA SPLIT CAKE

Crust:

**1½ c. flour
2 Tbsp. sugar**

**1¾ sticks margarine, softened
1 c. finely chopped nuts**

Mix together ingredients and press into a 9x13 inch pan. Bake at 350° for 20 minutes; cool.

Filling:

**1 box powdered sugar
2 (8 oz.) pkg. cream cheese
1 tsp. vanilla
4 or 5 bananas
1 large can crushed pineapple,
drained**

**8 oz. ctn. Cool Whip
Nuts
Chocolate syrup
Maraschino cherries**

Mix together powdered sugar, cream cheese and vanilla. Spread over cooled crust. Slice bananas on filling. Add crushed pineapple. Spread Cool Whip over fruit. Sprinkle with nuts. Garnish with chocolate syrup and cherries. Cool in refrigerator for 2 hours or more.

Elnora Melber (Traci Mueller's grandmother)

BANANA SPLIT CAKE

First layer:

**2 c. graham cracker crumbs
6 Tbsp. soft butter**

6 Tbsp. powdered sugar

Mix and press into a 9x13 inch pan.

Second layer:

2 egg whites
2 c. powdered sugar

1 stick butter

Mix and beat for 10 minutes.

Third layer: Slice 3 to 4 bananas lengthwise.

Fourth layer: Use large can (No. 2) well drained crushed pineapple.

Fifth layer: Use large bowl of Cool Whip.

Sixth layer:

1 c. broken nuts
1 c. maraschino cherries, diced on top

Cover and chill. Serve with chocolate sauce.

Joy Robertson (Shannon Robertson)

BANANA SPLIT CAKE

Crust:

1 stick butter or margarine

2 c. graham crackers, crushed

Press into 13x9 inch pan. Put in freezer until hard.

Filling:

2 eggs
2 sticks butter or margarine

1 box powdered sugar

Whip sugar, eggs and butter a full 15 minutes. Spread over crust and let set awhile.

Topping:

1 (No. 2 or 15 oz.) can crushed pineapple, drained

4 or 5 bananas
1 (9 oz.) ctn. Cool Whip

Place sliced bananas on top of filling, then pineapple. Spread Cool Whip over top and garnish with cherries and chopped pecans. Refrigerate overnight. Serves 12 to 15.

If you're a banana split freak, you will love this dessert! Cut small pieces, though, because it is *very* rich!

Rosemary Standerfer (Lise' Standerfer)

APPLE CAKE WITH SAUCE

2 c. sugar
½ c. butter
2 beaten eggs
2 c. flour
½ tsp. salt
2 tsp. soda

1 tsp. cinnamon
1 tsp. vanilla
1 tsp. nutmeg
1 c. chopped walnuts
6 medium apples, peeled and quartered

Put apples in blender and fill with cold water (must drain); can grate apples. Cream together sugar and butter. Add beaten eggs. Blend thoroughly. Sift together flour, salt, soda, cinnamon, vanilla, and nutmeg. Gradually add flour mixture to butter mixture. Stir in walnuts and apples. Pour into greased 9x13 inch pan. Bake at 350° for 50 to 60 minutes.

Sauce:

1 c. brown sugar
1 c. white sugar
½ c. real butter

1 c. evaporated milk or cream
2 tsp. vanilla

Stir over low heat and cook. *Do not boil.* (You can add a pinch of soda before serving to thicken.) Doesn't take very long.

Joy Robertson (Shannon Robertson)

RAW APPLE CAKE

2 c. sugar
3 eggs
1½ c. oil
3 c. flour
3 c. raw apples, diced
1 c. pecans, chopped
1 tsp. salt

1 tsp. soda
2 tsp. soda (to be added after
mixing with ¼ cup water when
stirring in apple and nuts)
½ tsp. cinnamon
2 tsp. vanilla
¼ tsp. nutmeg

Cream oil and sugar. Sift and mix dry ingredients. Add mixture and eggs alternately. Add vanilla; blend thoroughly. Stir in apples, nuts and soda mixture. Pour into greased and floured tube pan. Bake in 300° oven for 1 to 1½ hours. Sprinkle with confectioners sugar.

Emma Lee Henry (Christa Henry)

APPLESAUCE CAKE

1¾ c. sifted flour
1¼ c. sugar (½ brown, if you like)
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
½ tsp. cloves

1 c. applesauce
½ c. oil
1 egg
½ c. nuts (optional)
½ c. raisins (optional)

Grease and flour a 9x9 inch pan. Mix dry ingredients. Add next 2, then egg and nuts and/or raisins if desired. Bake 45 minutes at 350°.

You may make your own applesauce with fresh, tart apples and double recipe for Bundt or 9x13 inch pan. Bake 1 hour and check with toothpick.

Sue Walker (Lynanne Walker)

APPLESAUCE CAKE

2 c. sugar
1 c. shortening
3 eggs
1 can applesauce
3 c. flour, sifted
1 Tbsp. cocoa
2 tsp. soda

1 tsp. nutmeg
2 tsp. cinnamon
1 tsp. allspice
1 tsp. ground cloves
Pinch of salt
1 c. raisins
1 c. pecans, chopped

Use one bowl to mix. Cream sugar and shortening; add eggs, one at a time. Add applesauce. Sift into preceding mixture flour, soda and spices. Add raisins and pecans. Cook in Bundt or angel food pan. Bake 60 minutes at 350°.

Icing:

2 c. powdered sugar, sifted
1 Tbsp. cocoa

Enough milk to soften

Pour over warm cake. (Cinnamon may be substituted for cocoa.) This cake gets better the second and third day.

Karen Jones (Jana Jones)

FRESH APPLE CAKE

2 c. sugar
½ c. oil
2 c. flour
1 tsp. soda

2 c. apples, chopped
½ c. pecans
2 eggs
½ tsp. salt

Mix all ingredients and bake at 350° for about 45 minutes.

Susan Balderrama (Melanie Mathis' mother)

FRESH APPLE CAKE

3 eggs, beaten
2 c. sugar
1 c. Wesson oil (or other)
3 c. flour
1 tsp. baking soda
½ tsp. salt
2 tsp. cinnamon

2 tsp. vanilla
1 tsp. almond extract
1½ c. pecans, in large pieces
2 c. white or plain raisins
3 c. Delicious apples, peeled and sliced thin

Mix all as given. Line bread pans with wax paper, pour cake mixture into pans about 2 inches from top. Trim excess paper around edges. Bake 1 to 1½ hours or until knife comes out clean.

Nancy L. Renick (Tiffany D. Pedro)

HAPPINESS CAKE

Cream together:

1 c. patience

1 c. love

Add:

1 tsp. sense of humor flavoring
2 tsp. hope

1 tsp. plain grit

Sift together 3 times and add to first mixture, alternating with 1 cup of kindness. Beat all together for 5 minutes or until well blended. Pour into a pan of time and bake in the oven of experience at an even temperature of a sunny disposition until nicely browned. Remove from pan and cool. Add a frosting of smiles and sprinkle all over with a cup of songs.

Barbara Scott (Christa Henry's friend)

SURPRISE PUFFS

3 egg whites
1 c. sugar
1 (12 oz.) pkg. chocolate chips

1 c. chopped pecans
1 tsp. vanilla

Preheat oven to 350°. Beat whites and sugar until stiff. Add chocolate chips, pecans and vanilla. Line 2 cookie sheets with foil and drop candy cookies by tablespoon. Put in oven. Turn off oven immediately. Leave in for at least 2 hours.

Variation: Substitute butterscotch chips for chocolate chips or add ½ cup grated coconut.

Shelly Weibel (friend of Kim Kimball)

ANISE COOKIES

6 eggs
1 lb. granulated sugar (2 c.)

4 c. flour
1 Tbsp. anise extract

Place sugar in blender or food processor to very fine stage. Beat sugar and eggs 10 minutes. Add flour and anise. Cut wax paper the size of cookie sheets. Place teaspoon size dollops of batter on waxed paper lined cookie sheets and let stand overnight.

Next morning, bake in slow oven at 275° until they are straw colored. These cookies are worth the trouble.

Best made 1 month before serving.

Cora Hartman (Heather Hartman)

BISQUICK COFFEE COOKIES

1 large pkg. vanilla instant pudding
½ c. oil
2 eggs

2¼ c. Bisquick
½ c. sugar
2 tsp. instant coffee

Mix all ingredients. Roll out and cut in slices or make balls and flatten with fork. Bake at 350° for 5 to 7 minutes. Watch them, they cook fast.

Sue Walker (Lynanne Walker)

ORANGE SLICE COOKIES

- | | |
|---------------------------------|-----------------------------|
| 1 c. melted oleo | 1/2 tsp. soda |
| 1 c. brown sugar, firmly packed | 1/2 tsp. salt |
| 1 egg, slightly beaten | 1 c. regular oats |
| 1 tsp. vanilla | 1 c. orange slices, chopped |
| 1 3/4 c. flour | 1/2 c. pecans |
| 1/2 tsp. baking powder | |

Combine oleo, sugar, egg, and vanilla; mix well. Add next 5 ingredients, mixing until blended. Stir in orange slices and pecans. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 375° for 10 to 12 minutes. Yield: 3 dozen.

Maxine Holmans (Stephanie Stowers' grandmother)

ALMOND COOKIES

- | | |
|---------------------|--|
| 3 c. sifted flour | 1 tsp. almond extract |
| 1 tsp. soda | 1 egg, beaten |
| 1/2 tsp. salt | 1 c. blanched almonds, split in halves |
| 1 1/2 c. sugar | |
| 1 1/2 c. shortening | |

Sift flour, salt and soda together. Cream shortening; add beaten egg and almond extract. Mix thoroughly. Gradually add dry ingredients. Mix well with hands. Roll into 1 inch balls; place on ungreased cookie sheet. Press an almond half in center of each cookie. Brush with thin film of beaten egg. Bake at 350° for 20 minutes. Makes about 50 cookies.

Mrs. Mooncai (Tammy DeWitt)

CHINGOS

- | | |
|-------------------------------|---|
| 1 (12 oz.) box vanilla wafers | 1 (6 oz.) can frozen orange juice concentrate (undiluted), thawed |
| 1/4 - 1/2 c. melted butter | |
| 1 c. powdered sugar | |
| 1 c. chopped pecans | Powdered sugar |

Crush vanilla wafers into fine crumbs; add butter, 1 cup powdered sugar and pecans. Add orange juice concentrate last; blend well and chill.

Form mixture into 1 inch balls; roll each in powdered sugar. Refrigerate 24 hours before serving. May be frozen. Yield: 2 1/2 dozen.

Susan Eason (Nikki Butts)

SAND TARTS

- | | |
|--|--------------------|
| 2 c. flour | 1/2 tsp. salt |
| 2 c. pecans or walnuts, finely chopped | 1 1/2 tsp. vanilla |
| 1 c. butter or margarine | 1/2 cinnamon |
| | 1/4 sugar |

Blend all ingredients. Make into 1 inch balls. Bake 15 to 20 minutes in 350° oven. Cool 1 minute; roll in powdered sugar. Cool 1 more minute. Roll in powdered sugar again. Freezes great!

Kathy Wells (Julie Wells)

SOUR CREAM SOFTIES

3 c. flour
1 tsp. salt
½ tsp. baking powder
½ tsp. soda
½ c. butter or margarine

1½ c. sugar
2 eggs
1 tsp. vanilla
1 c. sour cream

Measure flour, salt, baking powder, and soda. Cream butter and sugar until well blended in a large bowl. Beat in eggs and vanilla. Add flour mixture alternately with sour cream, blending well. Drop by rounded teaspoonfuls on a greased cookie sheet, flatten a little and sprinkle with ¼ teaspoon cinnamon/sugar. Bake at 400° for 10 minutes. Makes about 4½ dozen.

Candy Moore (Missy Moore)

GREAT PUMPKIN COOKIE RECIPE

2 c. flour
1 c. quick or old-fashioned oats
(uncooked)
1 tsp. baking soda
1 tsp. ground cinnamon
½ tsp. salt
1 c. butter or margarine, softened

1 c. packed brown sugar
1 c. granulated sugar
1 egg, slightly beaten
1 tsp. vanilla
1 c. Libby's solid pack pumpkin
1 c. semi-sweet chocolate morsels

1. Combine first 5 ingredients.
2. Cream butter; add sugars, beating until light and fluffy.
3. Add egg and vanilla.
4. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in morsels.
5. For each cookie, drop ¼ cup dough onto lightly greased cookie sheet; spread dough to form pumpkin shape.
6. Bake 20 to 25 minutes, until cookies are firm and lightly browned at 350°.
7. Remove from cookie sheets; cool on racks.
8. Decorate with candies and icing to make pumpkin faces.
9. Variation: Substitute 1 cup raisins for morsels.

Lynn VanDelinder (Laura VanDelinder)

ROLL OUT COOKIES (Anytime)

4 c. flour
1 tsp. baking soda
½ tsp. salt
1 c. shortening

3 eggs
1 tsp. almond
2 tsp. vanilla

Cream together the shortening, sugar and eggs; add almond and vanilla. Sift together the flour, soda and salt and add to the shortening mixture. Fold into a ball and chill. Roll out and bake at 325° for 8 to 10 minutes. Decorate or frost as desired.

Diann Angelocci (Donna Angelocci)

ORANGE GUMDROP COOKIES

2¼ c. sifted flour
2¼ tsp. baking powder
1 tsp. salt
¾ c. melted butter
1 lb. brown sugar

3 eggs, beaten
1 tsp. vanilla
1 c. chopped pecans
1½ c. orange gumdrops
½ c. flour

Beat eggs in mixing bowl; add sugar to melted butter. Mix and add to eggs. Beat until light and fluffy. Add vanilla. Stir in flour, sifted with baking powder and salt. Add pecans.

Cut gumdrops into small pieces. In small bowl, coat gumdrop pieces with ½ cup flour. Add to batter and mix thoroughly. Spread into greased pan, about 12x15 inches. Bake at 375° until lightly browned, about 25 minutes. Do not overbake. Cool about 20 minutes. Cut into squares while still slightly warm.

Tommy Fullilove (Aimee Fullilove)

MOM'S FRENCH COOKIES

1 c. butter or margarine, softened
2 c. brown sugar
2 eggs, well beaten
4 c. flour

1 tsp. cream of tartar
½ tsp. soda
1 c. chopped pecans
2 tsp. vanilla

Mix butter, sugar and eggs; add flour, cream of tartar, soda, pecans, and vanilla. Form into rolls; wrap in wax paper. Place in refrigerator for 10 to 12 hours. Slice and bake at 400° for 8 to 10 minutes. Yields 9 dozen.

Shari Brady (Bridget Brady)

DANISH SUGAR COOKIES

½ lb. butter or margarine
1 c. sugar
1 egg
1 tsp. vanilla

2 c. flour
½ tsp. cream of tartar
½ tsp. baking powder
½ tsp. salt

Cream butter; add sugar and cream well. Add egg and vanilla and cream until fluffy. Add dry ingredients and mix well. Line cookie sheet with aluminum foil. Drop by teaspoonful on cookie sheet a couple of inches apart, about the size of a pecan. Dip a fork in water and press cookie flat. Bake at 350° for 10 minutes or until lightly browned on edges.

Janice Kimball (Kim Kimball)

CHRISTMAS SUGAR COOKIES

¾ c. shortening
1 c. sugar
2 eggs
1 tsp. vanilla

2½ c. flour
1 tsp. baking powder
1 tsp. salt

Mix sugar, shortening, eggs, and vanilla. Blend flour, baking powder and salt; mix. Chill 1 hour. Heat oven to 400°. Roll ⅛ inch thick on floured board. Cut with 3 inch cookie cutter. Place on ungreased baking sheet. Bake 6 to 8 minutes.

When cookies have cooled completely, frost with the following:

3 c. powdered sugar
1/3 c. softened margarine

1 1/2 tsp. vanilla
2 Tbsp. milk

You may need to add a little more milk to make the frosting spread easily. A few drops of food coloring may be added to make desired color of frosting.

Kathy Wells (Julie Wells)

SUGAR COOKIES

2 eggs
2/3 c. shortening
2/3 c. oleo, softened
1 1/2 c. sugar

3 1/2 c. flour
2 tsp. salt
1 - 2 tsp. vanilla

Beat eggs slightly in large bowl. Add remaining ingredients; blend for 30 seconds. Mix on medium until well blended. Roll dough 1/8 to 1/4 inch thick in powdered sugar rather than flour. Use cookie cutters to cut out designs. Place on ungreased baking sheet. Bake 8 to 10 minutes at 350° to 375°.

All of the dough can be used when using powdered sugar to roll the cookies out.

Cora Hartman (Heather Hartman)

LEMON COOKIES

1 box Betty Crocker lemon cake mix
1 (8 oz.) Cool Whip

1 egg
Powdered sugar

Empty cake mix in bowl; mix egg and Cool Whip. Add to cake mix; mix well. Roll 1 teaspoon dough at a time in powdered sugar. Put on greased cookie sheet. Flatten with back of spoon. Bake at 350° for 10 to 12 minutes.

Carolyn Therrell (Allyson Therrell)

MOLASSES CRINKLES

3/4 c. shortening
1 c. brown sugar, packed
1 egg
1/4 c. molasses
2 1/4 c. flour

2 tsp. soda
1/4 tsp. salt
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. cloves

Mix shortening, sugar, egg, and molasses thoroughly. Blend flour and rest of ingredients together. Stir into shortening mixture; chill dough.

Heat oven to 375°. Roll dough into 1 1/4 inch balls. Roll in sugar. Place about 3 inches apart on greased cookie sheet. Sprinkle each cookie with 2 or 3 drops of water. Bake for 10 to 12 minutes. Makes 4 dozen cookies.

Elizabeth McCormick (Tracy McCormick)

SNAPPY TURTLE COOKIES

Sift together:

1 1/2 c. sifted flour
1/4 tsp. soda

1/4 tsp. salt

Cream together:

½ c. butter or margarine

½ c. firmly packed brown sugar

Add 1 egg and 1 egg yolk (reserve white); mix well. Blend in ½ teaspoon vanilla. Gradually add dry ingredients; mix thoroughly (dough will be soft, chill if desired).

Arrange pecan halves in groups of 3 or 5 on greased baking sheets, to resemble the head and legs of a turtle. Mold dough into balls. Dip bottoms into unbeaten egg white and press lightly onto nuts. Use a rounded teaspoon of dough for each, so tips of nuts will show when cookie is baked. Bake in moderate oven, 350°, for 10 to 12 minutes. *Do not overbake.* Cool and frost tops generously.

Frosting:

**2 sq. chocolate or ⅓ c. semi-sweet
chocolate chips**

**¼ c. milk
1 Tbsp. butter**

Combine in top of double boiler. Heat over boiling water until chocolate melts. Blend until smooth. Remove from heat; add 1 cup sifted powdered sugar. Beat until smooth and glossy. If mixture is too thin, add additional powdered sugar until of desired consistency.

Patty Foerster (Shannon Robertson's friend)

OATMEAL AND PEANUT BUTTER COOKIES

**1 c. flour
½ tsp. soda**

½ tsp. salt

Combine and set aside.

½ c. shortening

¾ c. brown sugar

Cream until fluffy.

Add the following:

**½ c. crunchy peanut butter
1 egg**

**1 tsp. vanilla
1 c. oats**

Add flour mixture; mix well. Form into small balls and press with fork. Grease pan and bake at 350° for 10 to 12 minutes.

Marian Harris (Mindy Harris' grandmother)

FUDGY OATMEAL COOKIES

**2 c. sugar
½ c. milk
1 stick margarine
3 Tbsp. cocoa**

**¼ tsp. salt
1 tsp. vanilla
½ c. peanut butter
3 c. quick cooking oats**

Combine sugar, milk, margarine, and cocoa. Bring to a full boil for about 2 minutes. Add salt and vanilla. Blend in peanut butter and oats; mix well. Drop by teaspoons on wax paper to become firm in 15 minutes. Makes about 4 dozen.

The original recipe said to cook for 1 minute, but I found that to not be long enough. I make these a lot for the football players as they are very quick to do on a school night. They also taste very good.

Traci Mueller

OLD-FASHIONED OATMEAL COOKIES

1 c. raisins	1 tsp. soda
1 c. water	1 tsp. salt
$\frac{3}{4}$ c. shortening	1 tsp. cinnamon
1 $\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. baking powder
2 eggs	$\frac{1}{2}$ tsp. cloves
1 tsp. vanilla	2 c. oats
2 $\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. chopped nuts

Simmer raisins and water over medium heat until raisins are plump; drain, reserving liquid. Add enough water to make $\frac{1}{2}$ cup. Mix shortening, sugar, eggs, and vanilla; stir in reserved liquid. Blend in remaining ingredients. Drop by rounded teaspoonfuls 2 inches apart onto greased baking sheet. Bake at 400° for 8 to 10 minutes or until lightly browned. Makes 6 $\frac{1}{2}$ dozen.

Diane Randle (Ronda Randle)

PEANUT BUTTER CUPS

$\frac{1}{2}$ (18 oz.) jar peanut butter	1 (16 oz.) pkg. chocolate candy discs
$\frac{1}{2}$ stick oleo	Ritz crackers
$\frac{1}{2}$ lb. powdered sugar	

Mix peanut butter, oleo and powdered sugar and refrigerate. Melt candy discs (the kind used for making homemade candy). Follow directions on package for melting, using double boiler or microwave. Spread peanut butter mixture between 2 Ritz crackers. Dip in melted chocolate, covering completely. Place on foil lined cookie sheet. Refrigerate until firm. After chocolate is set, you can stack "cookies," but keep them refrigerated.

Ruth Ann Ackeret (Tami Russell's cousin)

MRS. FIELD'S CHOCOLATE CHIP COOKIES

2 c. oleo	5 c. oatmeal
2 c. brown sugar	2 tsp. baking powder
2 c. sugar	2 tsp. baking soda
4 eggs	24 oz. chocolate chips
2 tsp. vanilla	8 oz. Hershey's bar, grated
4 c. flour (use $\frac{1}{2}$ c. less for chewy cookies)	3 c. chopped nuts (any kind - optional)
1 tsp. salt	

Put small amount at a time after measuring of oatmeal in blender; blend until powdery. Mix together oleo, brown sugar and sugar. Add eggs and vanilla. Mix together flour, oatmeal, salt, baking powder, and baking soda. Mix together all ingredients. Add

chocolate chips, Hershey's bar and nuts. Make dough into balls and set 2 inches apart on greased baking sheet. Bake at 350° for 6 minutes only. This recipe makes approximately 15 dozen cookies. Recipe can be halved easily.

Cora Hartman (Heather Hartman)

CHOCOLATE CHIP MERINGUE BARS

1 pkg. fudge cake mix
½ c. butter or margarine, melted
2 eggs
1 pkg. fluffy white frosting mix

½ c. boiling water
½ c. chopped pecans
½ c. semi-sweet chocolate pieces

Preheat oven to 350°. Combine in large bowl, first 3 ingredients. By hand, stir until well combined. Press into ungreased 13x9 inch pan.

Prepare frosting with boiling water as directed on package. Spread frosting on unbaked fudge base; keep frosting about 2 inches from pan edge. (Frosting will spread while baking.) Sprinkle pecans and chocolate pieces over frosting. Bake at 350° for 25 to 30 minutes, until toothpick inserted in edge of bars comes out clean. (Chocolate pieces will not melt.) Cool. Makes about 3 dozen bars.

Karen Counts (Laura Counts)

TOLL HOUSE PAN COOKIE

2¼ c. unsifted flour
1 tsp. baking soda
1 tsp. salt
1 c. butter or oleo, softened
¾ c. sugar

¾ c. firmly packed brown sugar
1 tsp. vanilla
2 eggs
1 (12 oz.) pkg. chocolate chips (2 c.)
1 c. chopped nuts (optional)

Preheat oven to 375°. In small bowl, combine flour, baking soda, and salt; set aside. In large bowl, combine oleo, sugar, brown sugar, and vanilla; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate chips and nuts. Spread into 2 greased pizza pans, leaving a 1½ inch border all around, or a greased 15x10x1 inch baking pan. Bake at 375° for 12 to 15 minutes. Remove with spatula for whole cakes or cut into squares.

Cora Hartman (Heather Hartman)

FOOLPROOF BROWNIES

2 sticks oleo
⅓ c. cocoa
2 c. sugar
4 eggs

1½ c. flour
1½ c. pecans
⅛ tsp. salt

Heat oven to 350°. Melt oleo in small saucepan; add cocoa. In large bowl, cream sugar and eggs; add flour. Add cocoa mixture. Grease a 9x14 inch pan and bake for 30 to 40 minutes or in a 9x9 inch square pan for 20 to 25 minutes.

Jill Locke (Dawn Hall)

TEXAS SHEET CAKE BROWNIES

2 sticks margarine
1 c. water
4 Tbsp. cocoa
2 c. flour

2 eggs
2 c. sugar
½ c. sour cream
½ tsp. soda (baking)

Bring to a boil, margarine, water and cocoa. Blend flour, eggs and sugar and add to the cocoa mixture. Mix sour cream with baking soda and add to mixture. Spread on a large cookie sheet with sides. Bake 20 minutes at 400°.

Icing:

1 stick margarine
4 Tbsp. cocoa

1 tsp. vanilla
6 tsp. milk

Bring all of the preceding to a boil. Let cool; add 1 box powdered sugar.

Diann Angelocci (Donna Angelocci)

BROWNIES

2 sticks butter
2 c. sugar
1 c. flour
4 eggs, well beaten

4 blocks Baker's chocolate
2 tsp. vanilla
½ tsp. salt
2 c. nuts

Melt butter and chocolate in double boiler; add sugar, flour, salt, vanilla, and eggs. Add nuts last. Bake in a floured pan at 275° for 1 hour.

Tommy Fullilove (Aimee Fullilove)

DROP BROWNIES

8 oz. German's chocolate
1 Tbsp. butter
2 eggs
¾ c. sugar
¼ c. flour

¼ tsp. baking powder
¼ tsp. cinnamon
⅛ tsp. salt
½ tsp. vanilla
¾ c. pecans

Melt chocolate and butter over hot water. Stir and cool. Beat eggs until foamy. Add sugar, 2 tablespoons at a time. Beat until thickened. Blend in chocolate. Add flour, baking powder, cinnamon, and salt. Stir in pecans and vanilla. Drop by teaspoons on a greased cookie sheet. Bake at 325° approximately 15 minutes. Makes 3 dozen.

Candy Moore (Missy Moore)

MARSHMALLOW SQUARES

1 pkg. chocolate chips
½ c. butter or margarine
1 c. confectioners sugar

1 egg
1 tsp. vanilla

Melt preceding ingredients over low heat and set aside to cool. Add 2 cups miniature marshmallows. Pour mixture over graham crackers that are laid on bottom of a 9x13 inch cake pan. Put in refrigerator to set and then cut into squares.

Judy DeWitt (Tammy DeWitt)

CHERRY COCONUT BARS

Pastry:

1 c. sifted flour
3 Tbsp. powdered sugar

½ c. butter

Heat oven to 350°. With hands mix ingredients until smooth. Spread thin with fingers in oblong pan, 10 x 6 x ½ inch. Bake about 25 minutes.

Filling:

2 eggs, slightly beaten
1 c. sugar
¼ c. flour
½ tsp. baking powder
¼ tsp. salt

1 tsp. vanilla
¾ c. chopped nuts
½ c. coconut
½ c. quartered maraschino cherries

Stir ingredients into eggs. Spread over top of baked pastry (no need to cool). Bake about 25 minutes; cool. Cut in squares and serve as dessert, or cut in oblongs and serve as cookies. Serves 8 for dessert or makes about 20 cookies.

Patty Foerster (Shannon Robertson)

ALMOND GOOEY BARS

1¼ sticks butter, melted
1 box butter recipe yellow cake mix
1 egg, slightly beaten
1 (1 lb.) box powdered sugar

1 (8 oz.) pkg. cream cheese
2 eggs
1 tsp. almond extract
Sliced almonds

Preheat oven to 350°. Mix butter, cake mix and egg until well blended. Press into 9x13 inch cake pan (greased and floured). Cream the cream cheese and powdered sugar; add eggs and almond flavoring. Pour over bottom layer and cover with almonds. Bake for 30 to 40 minutes, until lightly browned.

Colorado Street Cafe, Austin, TX (Nikki Butts)

DISAPPEARING MARSHMALLOW BARS

1 (6 oz.) pkg. butterscotch bits
¼ c. margarine
¾ c. flour
⅓ c. packed brown sugar
1 tsp. baking powder
¼ tsp. salt

½ tsp. vanilla
1 egg
1 c. miniature marshmallows
1 (6 oz.) pkg. chocolate bits
¼ c. chopped nuts

1. Turn oven to 350°. Grease bottom and sides of an 8 inch square pan.
2. Melt butterscotch bits and margarine in large saucepan. Stir constantly until melted. Remove from heat and cool to lukewarm.
3. Stir together flour, sugar, baking powder, and salt. Add vanilla and egg. Stir well and add to butterscotch mixture.
4. Fold in chocolate bits, nuts and marshmallows just until combined.
5. Spread into prepared pan.
6. Bake 20 to 25 minutes. (Do not overbake.) Center will be jiggly but will set on

standing.

7. Cut into bars when cool.

8. You can double the recipe and bake in a 13x9 inch pan.

Lynn VanDelinder (Laura VanDelinder)

LEMON BARS

1 c. butter, at room temperature (do not substitute)

1 c. sifted flour

½ c. sifted confectioners sugar

Cut butter into the flour and sugar; pat mixture on bottom of a 9x12 inch oblong cake pan. Bake at 350° for 20 to 25 minutes.

Topping:

4 eggs, slightly beaten

6 Tbsp. flour

2 c. sugar

½ tsp. baking powder

6 Tbsp. lemon juice

Combine topping ingredients. Pour mixture over hot crust and bake 25 minutes. Cool 15 minutes. Sprinkle with additional powdered sugar. Allow the bars to cool completely. Cut into fingers. Freezes great!

Kathy Wells (Julie Wells)

PEANUT BUTTER SQUARES

2 sticks margarine, melted

1 box powdered sugar

1 pkg. graham crackers, crushed

1 c. peanut butter

Mix together and press into cookie sheet. Melt a 12 ounce package of milk chocolate chips and spread over top. Refrigerate.

Jo Joy (Debbie Joy's aunt)

CREME DE MENTHE SQUARES

1¼ c. butter or margarine

1 tsp. vanilla

½ c. unsweetened cocoa powder

2 c. graham cracker crumbs

3½ c. sifted powdered sugar

⅓ c. green creme de menthe

1 beaten egg

1½ c. semi-sweet chocolate pieces

For bottom layer: In saucepan, combine ½ cup of the butter and the cocoa powder. Heat and stir until well blended. Remove from heat; add ½ cup of powdered sugar, egg and vanilla. Stir in graham cracker crumbs; mix well. Press into the bottom of an ungreased 9x13 inch pan.

For middle layer: Melt another ½ cup of butter. In small bowl, combine butter and creme de menthe. At low speed, beat in the remaining 3 cups powdered sugar until smooth. Spread over the chocolate layer. Chill 1 hour.

For top layer: In small pan, combine the remaining ¼ cup butter and chocolate pieces. Cook and stir over low heat until melted. Spread over mint layer. Chill 1 to 2 hours. Cut in small squares. Refrigerate. Pretty for Christmas.

Carolyn Therrell (Allyson Therrell)

CHOCOLATE CARAMEL BARS

- | | |
|--|--|
| 1 (14 oz.) bag Kraft caramels | 1/2 c. margarine, melted |
| 2/3 c. evaporated milk | 1 1/2 c. chopped walnuts |
| 1 (2 layer) German chocolate cake mix with pudding | 1 (6 oz.) pkg. semi-sweet chocolate pieces |

Melt caramels with 1/3 cup milk over low heat, stirring until smooth. Combine remaining milk, cake mix and margarine; mix well. Press half of cake mixture into bottom of greased 13x9 inch baking pan. Bake at 350° for 6 minutes.

Sprinkle 1 cup walnuts and chocolate pieces over crust; top with caramel mixture, spreading to edges of pan. Top with teaspoonfuls of remaining cake mixture; press gently into caramel mixture. Sprinkle with remaining walnuts, pressing lightly into top. Bake at 350° for 20 minutes. Cool overnight and cut into small bars.

Lynn VanDelinder (Laura VanDelinder)

CHEESE CAKE SQUARES

- | | |
|------------------------------|------------------|
| 2/3 c. brown sugar | 1/4 c. sugar |
| 2 c. sifted flour | 1 egg |
| 2/3 c. butter, melted | 1 c. sour cream |
| 8 oz. cream cheese, softened | 1/2 tsp. vanilla |

Combine brown sugar, flour and butter; stir until light and crumbly. Press into an ungreased 9x13 inch pan. Bake at 350° for 15 minutes. Combine cream cheese, sugar, egg, sour cream, and vanilla; beat until smooth. Pour over crust layer and bake at 350° for 30 minutes.

Elizabeth McCormick (Tracy McCormick)

GUMDROP BARS

- | | |
|----------------------|--|
| 1 1/2 c. flour | 1/2 tsp. salt |
| 1 egg | 2 tsp. vanilla |
| 1/3 c. shortening | 1/4 c. evaporated milk |
| 1 c. brown sugar | 1 c. small gumdrops (may be cut up) |
| 1 tsp. cinnamon | Small amount of powdered sugar to sprinkle |
| 1/2 c. nuts | |
| 1 tsp. baking powder | |

Preheat oven to 350°. Grease a 9x9 inch pan. Beat shortening, brown sugar, egg, and vanilla until fluffy. Sift flour, baking powder, salt, and cinnamon. Beat half of flour mixture with evaporated milk until smooth. Stir in remaining mixture. Add gumdrops and nuts. Spread in pan. Bake 25 to 30 minutes. Sprinkle with powdered sugar. Cut up. Makes about 20 bars.

Grandma Alberta Kimball (Kim Kimball)

FORTY-NINERS

- | | |
|----------------------------------|---------------------|
| 1 (16 oz.) box light brown sugar | 4 eggs, well beaten |
| 2 c. biscuit mix | 2 c. chopped pecans |
| Powdered sugar | |

Combine all ingredients, except powdered sugar. Pour into a greased and floured 9x13 inch pan. Bake at 325° for 35 minutes, until done. Remove from oven and cool. Cut into bars and dust with powdered sugar.

Shari Brady (Teresa Brady)

ORANGE BLOSSOMS

½ c. margarine
1 c. sugar
3 eggs
½ c. milk

2 c. flour
2 tsp. baking powder
1 tsp. vanilla

Cream butter and sugar; add eggs and beat. Sift flour and baking powder together; add alternately with milk. Add vanilla. Bake in very small (miniature) muffin pans at 350° for 10 minutes. The secret is not to get them too brown, just barely brown.

Icing:

1 orange (juice and grated rind)
1 lemon (juice and grated rind)

2 c. confectioners sugar, sifted

Combine and stir until smooth. Dip muffins into icing as soon as they are removed from the oven. Dry on a cake rack; be certain that wax paper is underneath to catch excess icing. These can be frozen, just warm in foil to serve or thaw at room temperature. They are delicious and dainty. Yield: 5 dozen.

Lynn VanDelinder (Laura VanDelinder)

CHERRY CHEESECAKES

15 - 18 vanilla wafers
2 (8 oz.) pkg. cream cheese
¾ c. sugar
1 Tbsp. lemon juice

1 tsp. vanilla
2 eggs
1 can cherry pie filling, chilled

Line muffin tins with paper liners. Put 1 vanilla wafer in each cup. Combine cream cheese, sugar, lemon juice, vanilla, and eggs. Fill each cup $\frac{2}{3}$ full with cream cheese mixture. Bake 15 to 20 minutes at 350°. Cool thoroughly. Top with pie filling.

Joy Robertson (Shannon Robertson)

COFFEE BAR

1 c. oleo
1½ c. sugar
1 tsp. vanilla
4 eggs
3 c. flour

¼ c. milk
1½ tsp. baking powder
1 can pie filling (cherry, apple or any kind)

Cream oleo and sugar; add eggs, one at a time and beat well. Add vanilla, flour, milk, and baking powder. Grease and flour a jelly roll pan. Put $\frac{2}{3}$ of batter into pan; mash down evenly. Put filling on top as evenly as possible. Drop remainder of batter in dollops. Bake at 350° for 25 minutes.

Frost with the following:

4 Tbsp. melted oleo
2 Tbsp. milk

1 tsp. almond flavoring
Powdered sugar

Drizzle on top.

Cora Hartman (Heather Hartman)

FABULOUS BROWNIE DESSERT

1 family size brownie mix
½ c. chopped nuts
2 c. whipping cream

½ c. sifted powdered sugar
1 tsp. vanilla

Line a 15½ x 10½ x 1 inch jellyroll pan with heavy aluminum foil, extending foil 2 inches on both ends of pan; grease foil. Prepare brownie mix as directed on package, adding chopped nuts. Spread batter in pan. Bake 15 to 20 minutes at 350°; cool in pan. Cut into 4 strips crosswise.

Whip cream with sifted powdered sugar and vanilla. Spread ½ cup whipped cream on each brownie layer. Stack strips, cream sides up. Frost with rest of cream. Chill at least 6 hours, but preferably overnight. Garnish with nuts. Serves 12.

This is very rich and very delicious!

Lillian Mueller (Traci Mueller)

FANCY FRUIT TART

Tart:

1 c. all-purpose flour
¼ c. cornstarch
¼ c. sugar
⅓ c. margarine
1 egg, beaten

Vegetable cooking spray
1 c. sliced fresh strawberries
1 c. sliced fresh peaches
½ c. seedless green grapes, halved
¼ c. fresh blueberries

Combine flour, cornstarch and sugar; cut in margarine with pastry blender until mixture resembles coarse meal. Add egg and stir with a fork until all ingredients are moistened. Spray a 14½ x 12 inch baking sheet with cooking spray.

Shape dough into a ball and place directly on baking sheet. Roll pastry into a 10½ inch circle; trim edges. Bake at 400° for 8 to 10 minutes or until lightly browned. Cool on baking sheet 10 minutes; carefully remove to wire rack to complete cooling.

Place pastry on a serving platter and arrange fruit attractively over top; spoon Citrus Glaze evenly over fruit. Refrigerate tart at least 1 hour before serving. Yield: 10 servings.

Citrus Glaze:

1 Tbsp. cornstarch
¼ c. water
¾ c. orange juice

1 Tbsp. lemon juice
¼ tsp. grated lemon rind

Combine cornstarch, water and orange juice in a small saucepan. Bring to a boil; cook over medium heat 1 minute, stirring constantly. Remove from heat; stir in lemon juice and rind. Cover surface with wax paper or plastic wrap; let cool. Yield: 1 cup glaze.

Lynn Morris (Tiffany Morris)

MAGIC MARSHMALLOW CRESCENT PUFFS

1/4 c. sugar
1 tsp. cinnamon
16 marshmallows

1/4 c. margarine, melted
2 cans refrigerated crescent rolls
1/4 c. chopped nuts (optional)

Combine sugar and cinnamon. Dip marshmallows in margarine; roll in sugar and cinnamon mixture. Wrap crescent around each, completely covering the marshmallows and squeezing the edges to seal tightly. Dip in margarine; place in muffin tins. Put on foil lined cookie sheet and bake at 375° for 10 to 15 minutes. Remove and immediately drizzle with powdered sugar glaze. Sprinkle with nuts if desired.

Judy Russell (Tami Russell)

CREAM PUFFS

1/4 lb. butter or margarine
1 c. water
1 c. flour

4 eggs
1/4 tsp. salt

Bring water to boil with salt and butter. When butter is completely melted, quickly stir in flour until it forms a ball. Remove from heat and beat eggs, one at a time, into the mixture by hand. Place by tablespoons onto cookie sheet. Bake at 450° for 15 minutes, then at 350° for 35 minutes. Cool and slice; fill with filling. Sprinkle with powdered sugar.

Filling:

1/2 pt. heavy cream
1 pkg. instant vanilla pudding

1/2 pt. milk

Beat with mixer until thick.

Mary Ann Brown (Tami Russell)

APPLE SLICES

2 1/2 - 2 3/4 c. flour
1 c. shortening

1 Tbsp. sugar
1 tsp. salt

Put 1 beaten egg yolk in cup and fill up with milk to make 2/3 cup. Work it into the preceding ingredients. Take 2/3 of dough and roll out for bottom crust. Let bottom crust hang over cookie sheet and fold up to make an edge. Cover crust with thinly sliced raw apples (3 or 4). Sprinkle cinnamon and 1 cup sugar over apples. Dot with butter. Cover with top crust; seal. Bake 10 minutes at 450° and for 20 minutes at 400°.

While hot, spread icing of:

1/2 stick oleo, melted
2 Tbsp. cream

1 tsp. vanilla
1 1/2 c. powdered sugar

Spread on top. Cut when cool.

Jill Locke (Dawn Hall)

EMERGENCY APPLE TORTE

½ c. flour
½ - ¾ c. sugar
1 tsp. baking powder
1 slightly beaten egg

Pinch of salt
1 c. peeled, diced apples (1 large apple)
½ c. nuts, chopped (if desired)

Preheat oven to 350°. Mix all ingredients together. Spread in lightly greased pie pan. Bake at 350° for 25 minutes. Serve warm or cold.

Karen Counts (Laura Counts)

BREAD PUDDING

pudding:

2 c. bread crumbs or small pieces of bread, broken up
4 eggs
1 c. sugar

Salt to taste
½ tsp. cinnamon
1 tsp. vanilla
3 c. milk

Mix pudding ingredients and pour over the bread crumbs. Sprinkle nutmeg on top and bake at 350° until done. (I do not measure, but the preceding is about what I use.)

Lemon Sauce:

1 c. sugar
¼ c. butter
1 slightly beaten egg

1 tsp. lemon rind
3 Tbsp. lemon juice
½ c. water

Cook and stir sauce ingredients until thick. If you like it more tart, use more lemon juice.

Susan Balderrama (Melanie Mathis' mother)

BANANA BOATS

Bananas
Chocolate chips

Miniature marshmallows
Salted peanuts

Peel banana skins back, leave skins attached at base. Split each banana lengthwise to make a pocket. Fill pocket with chocolate chips, marshmallows and peanuts. Replace skins; fasten with wooden picks. Bake bananas on a shallow baking sheet at 325° for about 15 minutes, until bananas are tender.

Carolyn Hull (Michelle Hull)

PEPPERMINT MOUSSE WITH CHOCOLATE SAUCE

1 (1 lb. 4 oz.) can pineapple chunks
1 env. unflavored gelatin
1 pt. whipping cream
½ c. powdered sugar

⅛ tsp. salt
1 c. crushed peppermint candy
Hershey's chocolate syrup

Drain the pineapple, reserving ½ cup syrup. Lightly oil 4½ cup mold. Soften gelatin in reserved syrup. Set gelatin-syrup mixture in a pan of simmering water until gelatin is completely dissolved. Cool slightly. Whip together cream, sugar and salt and

beat until mixture forms soft peaks. Gradually beat in dissolved gelatin. Fold in peppermint candy. Pour into prepared mold and chill for several hours or overnight.

Unmold and serve topped with chilled pineapple chunks and chocolate syrup. Unusual and delicious flavor combination!

Pat Wilson (Jennifer Wilson)

BUNUELOS

2 c. flour
2 eggs
1 tsp. shortening

½ c. hot water
1 tsp. sugar
Cinnamon and sugar to coat

Mix first 5 ingredients and roll into balls. Let them "sleep" for 1 hour. Roll into little tortillas and let them dry on both sides. Fry in hot oil until both sides are browned. Drain on paper towels and place on platter. Mix cinnamon and sugar and dip Bunuelos until coated. Shake off excess. Makes 24 Bunuelos.

Edith (Lynanne Walker's 5th grade friend)

PINEAPPLE CRUNCH DESSERT

1 (No. 2) can crushed pineapple (in heavy syrup)
1 (No. 2) can apple pie filling
1 can Angel Flake or shredded cocoanut

1 pkg. yellow cake mix
½ lb. butter or margarine

Place apple filling in buttered casserole or pan. Pour pineapple over apples. Sprinkle cake mix and dot with butter. Top with cocoanut. Bake 1 hour at 325°.

Janice Kimball (Kim Kimball)

SHERBET DESSERT

3 pt. sherbet
18 coconut cookies (Nabisco)
4 c. Cool Whip

1½ Tbsp. sugar
1 Tbsp. vanilla
1 c. chopped nuts

Roll cookies to crumbs; cover bottom of pan (save ½ cup for the top). Put the rest in the Cool Whip. Add sherbet, a spoonful at a time; stir slightly. Put in pan and cover. Top with crumbs.

Can be made way ahead. Freeze. Let stand for awhile before slicing and serving.

Linda Joy (Debbie Joy)

CHERRY CRISP

2 cans cherry pie filling
1 white or yellow cake mix
2 sticks melted butter (do not use margarine)

¾ c. pecans, chopped

Empty cherry pie filling into a 9x13 inch cake pan or dish. Sprinkle cake mix over pie filling. Sprinkle top with nuts. Pour melted butter evenly over ingredients. Bake at 350° for 45 minutes, or until golden brown on top. Serve warm with a scoop of vanilla ice cream.

Kathy Wells (Julie Wells)

STRAWBERRY SURPRISE

- | | |
|--|---|
| 1 large pkg. strawberry flavored gelatin | ¾ c. melted butter or margarine |
| 1½ c. boiling water | 3 Tbsp. sugar |
| 2 (10 oz.) ctn. frozen strawberries (do not thaw) | 1 (9 oz.) ctn. whipped topping, thawed |
| 1 (8 oz.) can crushed pineapple (undrained) | 1 (8 oz.) pkg. cream cheese, softened |
| 2 c. crushed pretzels | ¾ c. sugar |

Dissolve gelatin in boiling water and cool. Stir in strawberries and pineapple and refrigerate until slightly congealed. Mix crushed pretzels, butter and sugar and pat into a 9x13 inch glass dish. Bake at 400° for 7 minutes. Cool.

Mix whipped topping, cream cheese and sugar until thoroughly blended. Spread over cooled crust. Spoon gelatin mixture over cream cheese mixture and refrigerate until completely congealed. Cut into squares to serve.

Diane Randle (Ronda Randle)

CHRISTMAS SHORTBREAD

- | | |
|---|---|
| 1 c. butter or margarine, softened | 2 c. sifted all-purpose flour |
| 1 c. sifted confectioners powdered sugar | Green and red decorating sugars |
| 1 tsp. vanilla | Tiny cinnamon candies (red hots) |
| | Vanilla glaze |

Cream butter and confectioners sugar until fluffy light in a large bowl; beat in vanilla. Stir in flour; knead in bowl until dough forms a smooth ball. Wrap tightly and chill at least 4 hours or overnight until firm enough to roll.

Preheat oven to 300°. Roll out dough, a third at a time, ¼ inch thick on a floured board. Cut into desired shapes with floured cookie cutters. Sprinkle colored sugars over cookies. Place cutouts, 1 inch apart, on ungreased cookie sheets. Bake 20 minutes or until firm but not browned. Remove from cookie sheets to wire racks; cool completely.

Make your favorite vanilla glaze; spoon over cookies if desired. (I use a very thin glaze and sprinkle with colored sugars again.) Let stand until glaze is firm. Store, tightly covered. Makes 4½ dozen cutout cookies.

Rosemary Standerfer (Lise' Standerfer)

APRICOT AND RITZ CRACKERS

Butter a large Corning Ware dish with real butter. Put a thick layer of Ritz crackers (do not crumble) on bottom. Open a large (No. 303) can of apricots. Make a layer of apricots. Sprinkle a layer of brown sugar on top of apricots. Put pats of real butter over this. Pour $\frac{3}{4}$ of apricot juice over this and top with crumbled Ritz crackers. Bake at 350° F. for 35 to 45 minutes.

Georgia F. Teague (Tiffany D. Pedro)

GRANDMOTHER'S ICE CREAM

1 qt. half & half
1 c. sugar
6 eggs, beaten

1 pt. whipping cream
1 Tbsp. vanilla

Make custard; heat half & half until almost ready to boil. Have eggs and sugar well mixed. Add a little of the hot milk to the egg mixture; pour mixture into hot milk. Stir constantly until it thickens. Remove from heat; cool. Add vanilla and whipping cream. Pour into freezer container and add milk if necessary.

When mixture starts to freeze, add fruit such as strawberries, peaches or bananas. Fruit should be sweetened. For vanilla or chocolate, add an extra quart of half & half. Chocolate should be added while cooking custard. Makes 1 gallon.

Karen Jones (Jana Jones)

MILKY WAY ICE CREAM

1 lb. Milky Way candy bars
1 can sweetened condensed milk
(Eagle Brand)
1 pt. half & half

Milk (to fill freezer)
1 (5½ oz.) can chocolate syrup
(optional)

Chop Milky Way bars and melt with condensed milk. Add remaining ingredients. Put in ice cream freezer and freeze. Makes 1 gallon.

Elizabeth McCormick (Tracy McCormick)

SCALLOPED PINEAPPLE

1 c. butter
2 c. sugar
3 eggs

4 c. bread cubes
1 (No. 2) can crushed pineapple

Cream butter and sugar until fluffy. Add eggs, one at a time, then bread cubes and drained pineapple. Mix all together until well blended. Put in well greased 9x13 inch pan. Bake at 350° for 45 minutes.

Mary Collins (Traci Fulford's grandmother)

CHOCOLATE MOUSSE

4 eggs
1 (12 oz.) bag semi-sweet chocolate
chips

1½ c. scalded milk
2 Tbsp. rum
4 Tbsp. hot strong instant coffee

The day before serving: Blend 2 minutes on high in blender; pour into bowl. Chill overnight. Next morning, fold in small container of La Creme whipped cream. Chill and serve that night. Top with dabs of whipped cream and shaved chocolate.

Cheryl Cook (Kim Kimball)

HEAVENLY DELIGHT

½ c. oleo, melted
1 c. flour

1 c. pecans, ground

Blend for base. Press into a 9x13 inch pan. Bake at 350° for 30 minutes; cool.

8 oz. cream cheese, softened
1 c. powdered sugar

1 c. Cool Whip

Mix and spread over cooled crust. Spread 1 small package of instant butter-scotch pudding over cream cheese mixture. Refrigerate at least 20 minutes. Spread on remaining Cool Whip.

Diane Randle (Ronda Randle)

PEACH KUCHEN

Crust:

1¼ c. flour
¼ tsp. salt
½ c. unsalted butter, cut into 6 pieces

2 Tbsp. sour cream

Preheat oven to 375°. Use the metal blade in processor to process flour, salt and butter until crumbly. Add the sour cream and let machine run until dough begins to form ball, 4 to 6 seconds. Carefully remove metal blade and gather dough and shape it into a 9 inch tart or quiche pan, 1½ inches high with removable bottom. Press dough out to cover bottom and side of pan evenly. Bake crust for 20 minutes, until lightly browned. Let cool for 15 minutes. Reduce oven to 350°.

Filling:

3 big egg yolks
⅓ c. sour cream
1 c. sugar

¼ c. flour
¼ tsp. salt
1½ lb. fresh peaches (6 medium)

Use metal blades to process egg yolks, sour cream, sugar, flour, and salt for 5 seconds. Scrape down sides. Let machine run 10 seconds. Pour ½ cup of the custard over the baked crust.

Arrange the sliced peaches on top in concentric circles. Bake the Kuchen for 40 to 50 minutes or until custard is set and top is lightly browned. Allow to cool for 10 minutes before removing the side of the pan. Serve warm or at room temperature. Refrigerate the Kuchen if you don't plan to serve it within a couple of hours.

Jeanne O'Dell (Jennie Whitfield's mother)

EBONY AND IVORY

Crust:

1 stick margarine

1 c. chopped nuts

Mix and blend well. Put into 13x8 inch baking dish (greased). Flatten up to edges of pan and bake at 325° for 20 minutes; cool.

Middle:

1 (8 oz.) pkg. cream cheese

1 c. Cool Whip, whipped

1 c. powdered sugar

Mix well with fork and spread on cooled crust layer.

Top:

1 pkg. chocolate instant pudding

3 c. milk

1 pkg. vanilla instant pudding

In mixing bowl, mix puddings with milk. When mixed, pour over top of other 2 mixtures. Top with whipped cream.

Patty Foerster (Shannon Robertson)

PUMPKIN DESSERT

4 eggs, well beaten

1 tsp. cinnamon

1 c. pumpkin

½ tsp. nutmeg

1 c. Pet milk

½ tsp. ginger

1 ⅓ c. sugar

1 box yellow cake mix

Combine all ingredients, except cake mix. Mix well and pour into ungreased 9x13 inch pan. Sprinkle 1 box yellow cake mix over pumpkin mix. Drizzle 1 cup melted oleo over cake. Sprinkle ½ cup chopped pecans over top. Bake at 350° for 1 hour or until knife inserted in center comes out clean. Serve with Cool Whip or ice cream.

Maxine Holmans (Stephanie Stowers' grandmother)

Notes

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Candy, Jelly, Preserves



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

DROP FUDGE

Grease sides and bottom of heavy saucepan with 1 tablespoon margarine.

Add:

4¼ c. sugar
⅓ c. margarine

1 (14½ oz.) Carnation milk

Bring to boil over medium heat and cook to soft ball stage, about 236°.

Add:

12 oz. semi-sweet chocolate chips
1 (8 oz.) jar marshmallow cream

3 c. pecans

Stir until chocolate is dissolved. Beat until smooth and creamy. Drop on wax paper. Makes about 5 pounds.

Susan Balderrama (Melanie Mathis' mother)

THE BEST FUDGE EVER

4½ c. sugar
Pinch of salt
4 Tbsp. butter
1 large can evaporated milk

12 oz. semi-sweet chocolate
1 large jar marshmallow cream
2 c. chopped nuts

Boil sugar, butter, salt, and milk for 6 minutes. After boiling, remove from heat and add other ingredients. Stir until mixed well. Pour on wax paper or in buttered glass dish.

Cindy Koger (Heather Hudson's friend)

EASY PRALINES

2 c. firmly packed brown sugar
½ c. water

⅓ c. butter
1½ - 2 c. pecan halves

Boil sugar, water and butter to 246°. Remove from heat and stir in pecan halves. Cool slightly for 2 to 3 minutes, stirring frequently. Spoon onto wax paper or tin foil with large serving spoon using 2 to 4 pecan halves and making pralines 2 to 3 inches in diameter. Yields approximately 3 dozen.

Shelly Weibel (friend of Kim Kimball)

QUICKIE PRALINES

1 can condensed milk
¼ c. milk
1 c. pecans

1 c. sugar
1 tsp. vanilla

Cook and stir milk, sugar and canned milk until color changes and mixture turns away from pan. Remove from heat; add vanilla and nuts and pour on buttered plate.

Janice Kimball (Kim Kimball)

PECAN PRALINES

2 c. sugar	1/8 tsp. salt
1 tsp. soda	2 Tbsp. butter
1 c. buttermilk	2 1/2 c. pecan halves

In a large saucepan, combine sugar, soda, buttermilk, and salt. Cook over high heat for 5 minutes, stirring frequently, scraping bottom of pan. Add butter and pecans. Continue cooking, stirring constantly, scraping bottom and sides of pan until candy reaches soft ball stage, 235°, about 5 minutes. Remove from heat and cool slightly. Beat until thick and creamy. Drop from tablespoon onto wax paper and let cool.

Julie Wells (Kathy Wells)

DEWDROPS

1 small pkg. vanilla pudding (not instant)	1 Tbsp. butter or margarine
1 c. sugar	1 tsp. vanilla
1 (6 oz.) can evaporated milk	1/2 c. chopped nuts
	1/4 c. chopped candied cherries

In heavy 2 quart saucepan, combine pudding mix, sugar and milk. Cook and stir over medium high heat until mixture comes to a boil. Cook at a full rolling boil for 5 minutes, stirring constantly. Remove from heat; add margarine and vanilla. Turn into small mixer bowl and beat with electric mixer at high speed for 3 or 4 minutes or until mixture holds its shape. Stir in nuts and cherries. Drop from rounded teaspoons onto wax paper. Makes about 2 dozen pieces of candy.

We make several batches of this every Christmas using red and green cherries.

Lillian Mueller (Traci Mueller)

PEANUT BUTTER BALLS

3 boxes powdered sugar	3 large bags chocolate chips
1 qt. peanut butter	1 block paraffin
1 lb. soft butter	

Mix first 3 ingredients and roll into small balls. Chill until cold. Melt chocolate chips and paraffin in top of double boiler. Dip balls into this and then put on wax paper to cool. This makes about 7 dozen balls.

We like this at Christmas.

Susan Balderrama (Melanie Mathis' mother)

CHOCOLATE DROPS

2 (16 oz.) pkg. powdered sugar, sifted	2 c. chopped pecans
1 1/2 c. sweetened condensed milk	1 c. flaked coconut
1/2 c. butter, melted	1 (12 oz.) pkg. semi-sweet chocolate morsels
1 tsp. vanilla extract	3 Tbsp. shortening

Combine sugar, sweetened condensed milk, butter, and vanilla; mix until smooth. Stir in pecans and coconut. Roll mixture into 1 inch balls and chill at least 1 hour.

Combine chocolate and shortening in top of a double boiler; bring water to a boil. Reduce heat to low; cook until chocolate melts. Place several candy balls in chocolate mixture; roll with spoon to coat evenly. Remove from mixture with a wooden pick or spoon, allowing excess chocolate to drain off. Place on wax paper to cool. Continue process until all candy balls are coated. Cover and store in refrigerator. Makes 9 dozen.
Lynn Morris (Tiffany Morris)

WALNUT TURTLES

2 c. walnut halves or large pieces (can use pecans)	1/2 tsp. vanilla
36 packaged caramels, unwrapped	2/3 c. semi-sweet or milk chocolate pieces
3 Tbsp. butter or margarine	1 1/2 tsp. shortening

1. Cover baking sheets with wax paper and arrange walnut pieces in 28 to 30 clusters, spaced at least 1 inch apart.

2. Place caramels in top of double boiler with butter; set over boiling water. Heat until caramels are completely melted, stirring occasionally.

3. Remove from heat; add vanilla extract and stir until butter and vanilla are thoroughly mixed with caramel.

4. Drop by teaspoonfuls onto center of each walnut cluster, making sure that caramel touches all the walnut pieces to hold them together.

5. Melt chocolate with shortening over hot, not boiling, water. Dip each cluster into chocolate and allow to set before removing from wax paper.

Diane Randle (Ronda Randle)

CARAMEL GOO

1 pkg. Kraft caramels, unwrapped	1/3 c. evaporated milk
---	-------------------------------

Place in microwavesafe bowl. Heat, covered, 3 minutes on HIGH; set aside.

1 pkg. German sweet chocolate cake mix	1/2 c. melted margarine
1/3 c. evaporated milk	1 c. nuts

Mix together. Press half of mixture in a 9x13 inch cake pan. Bake 6 minutes at 350°. Sprinkle a 6 ounce package of chocolate chips over cake mixture after it has baked the 6 minutes. Pour caramel mixture over chocolate chips. Do not spread caramel mixture. Try to drop evenly over chocolate chips. Bake 15 more minutes at 350°. Cool completely; cut into squares. Freeze.

Julie Wells (Kathy Wells)

PEANUT BRITTLE

1 c. sugar	1/2 c. white corn syrup
-------------------	--------------------------------

Stir together sugar and syrup in a 1 1/2 quart microwavesafe bowl; cover. Cook on HIGH in microwave for 4 minutes; stir well. Add 1 cup dry roasted peanuts; cook on HIGH 3 more minutes.

Add:

1/2 tsp. salt	1 tsp. vanilla
1 tsp. margarine	

Return to microwave and cook 2 minutes. Add 1 teaspoon baking soda. Gently stir mixture until light and foamy. Pour mixture on a lightly buttered cookie sheet. Cool 30 minutes. Break into pieces. Store in Ziploc bag, securely closed.

Julie Wells (Kathy Wells)

CHOCOLATE COVERED FINGERS

2 sticks margarine, melted
1 c. crushed graham crackers
1 c. chopped nuts

1 box powdered sugar
1 c. crunchy peanut butter
1 1/4 tsp. vanilla

Melt 1/2 cake paraffin wax with 1 (6 ounce) package of chocolate chips in double boiler over low heat. Mix margarine, crackers, nuts, sugar, peanut butter, and vanilla together. Shape mixture into fingers. Insert toothpicks into chocolate fingers and dip quickly in the melted chocolate and place on wax paper to cool.

If you get the chocolate and wax mixture too hot, it will separate. Cool it off by submerging in pot of hot water.

Emma Lee Henry (Christa)

COCOANUT CREAM EGGS

1/2 c. evaporated milk
1 tsp. salt
8 oz. shredded cocoanut
8 sq. Baker's chocolate, melted

1/2 lb. butter
2 1/2 Tbsp. vanilla
3 1/2 boxes powdered sugar
1 Tbsp. candle wax, melted

Mix milk, butter, salt, and vanilla with cocoanut and add to powdered sugar until consistency of sticky pie dough. Roll into small eggs, using more powdered sugar. They should be real soft but nonsticky. Will take all of 3 1/2 boxes of powdered sugar. Freeze eggs for 1 hour.

Melt unsweetened chocolate and candle wax. Dip cold eggs into chocolate and wax mixture. Refrigerate if they get too soft. Should serve fine unless room temperature too warm.

Janice Kimball (Kim Kimball)

PEARL'S BUTTER CRUNCH TOFFEE

1 c. butter
1 1/3 c. sugar
3 Tbsp. water

1 Tbsp. light corn syrup
1 c. almonds, toasted
4 small Hershey's bars or 1 large

Melt butter in large saucepan and add sugar, corn syrup and water. Cook over medium heat, stirring now and then to the hard crack stage. Quickly stir in coarsely chopped almonds. Spread on well greased pan. Lay pieces of Hershey's bar on top to cover; let melt and spread to completely cover top of candy. When cool (I put in refrigerator until chocolate is firm), break into pieces and store in tightly covered container.

This candy is just like a Heath bar, only better! I got this recipe from my mother-in-law, Pearl Standerfer, because it has always been one of my husband's favorite Christmas goodies.

Rosemary Standerfer (Lise' Standerfer)

JALAPENO JELLY

3 (3½ oz.) cans jalapeno peppers
4 medium green peppers
6 c. sugar

1½ c. vinegar
Green food coloring
1 (6 oz.) bottle Certo

Clean, peel and seed jalapeno peppers. Clean and seed green peppers; chop both. Boil sugar and vinegar for 5 minutes. Add food coloring to dark green. Stir in peppers and Certo; boil for 1 minute. Skim foam; pour into sterile jelly jars. Top with melted paraffin. Cool. Serve over cream cheese with crackers or with leg of lamb.

Rosemary Standerfer (Lise' Standerfer)

BRANDY SPICED PEACHES

1 (1 inch) ginger root, sliced
2 (4 inch) sticks cinnamon
1 Tbsp. whole allspice
1 Tbsp. whole cloves
5 c. sugar, divided

3 c. vinegar
2 c. water
24 small, firm, ripe peaches, peeled
3 Tbsp. pure brandy flavor

Place ginger root, cinnamon sticks, allspice, and cloves on a piece of cheese-cloth; tie ends securely. Combine spice bag, 2 cups sugar, vinegar, and water in a large Dutch oven. Bring to a boil. Add peaches; simmer 2 minutes or until thoroughly heated. Carefully remove peaches and set aside.

Add brandy flavor to syrup in Dutch oven; bring to a boil. Remove from heat and add peaches; let stand 3 to 4 hours. Carefully remove peaches from syrup; set peaches aside. Add 2 cups sugar to syrup and bring to a boil. Remove mixture from heat and add peaches; cover and let stand 4 hours. Heat peaches thoroughly in hot syrup. Pack peaches in sterilized jars, leaving ½ inch head space. Add remaining 1 cup sugar to syrup; bring to boil. Cover peaches with boiling syrup, leaving ½ inch head space. Adjust lid; process pints for 20 minutes and quarts for 25 minutes in boiling water bath. Makes 6 pints or 3 quarts.

Lynn Morris (Tiffany Morris)

STRAWBERRY FIG PRESERVES

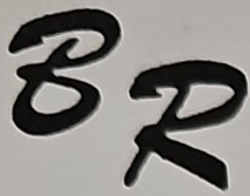
5 c. soft ripe figs, cut in thin slices
4 c. sugar

1 large pkg. wild strawberry Jell-O

Combine all ingredients and cook over low heat. Cook 20 to 30 minutes, until thick. Stir often or mixture will burn. Pour into jars; cool.

Janice Kimball (Kim Kimball)

Notes



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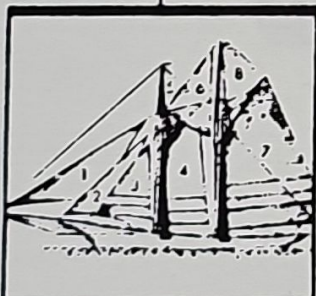
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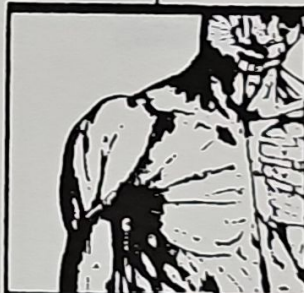
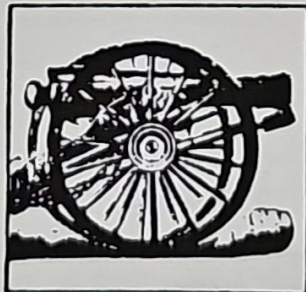


TW 1865



Reuters News Service conveyed news of President Lincoln's assassination to Europe a week ahead of the competition by hiring a tug, overtaking the mailboat bound for Britain, and throwing a canister containing the dispatch on the deck.

Wartime inflation reduced the value of Confederate paper money to \$1.70 per \$100 and drove the gold value of the Union Greenback to 46¢.



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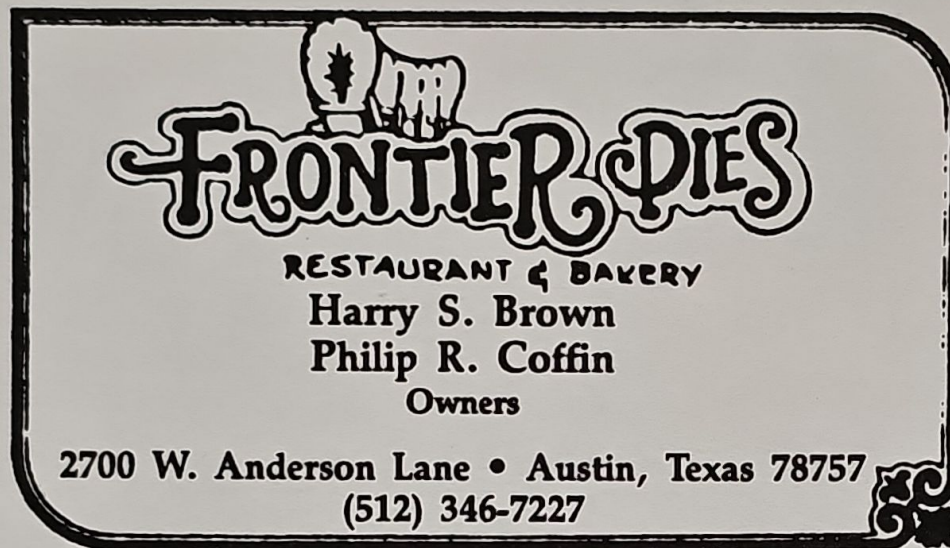
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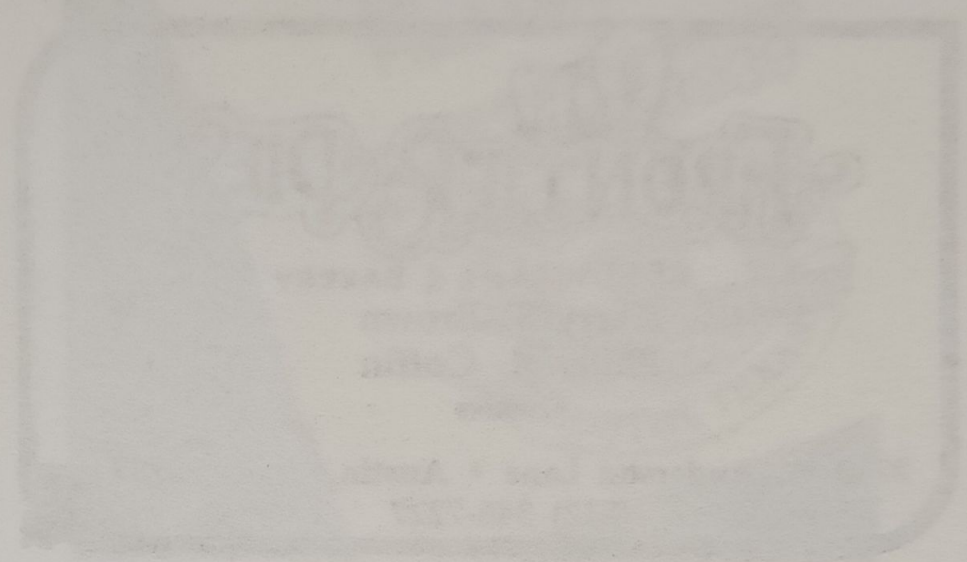
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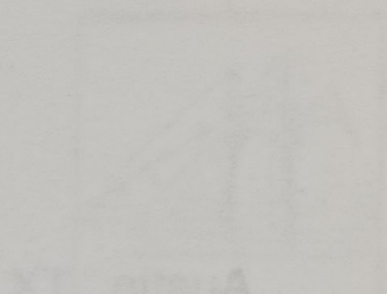
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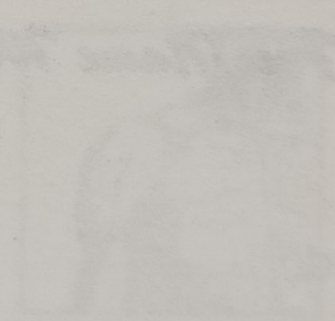
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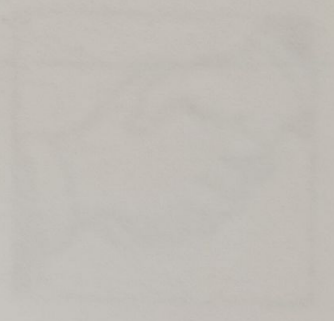
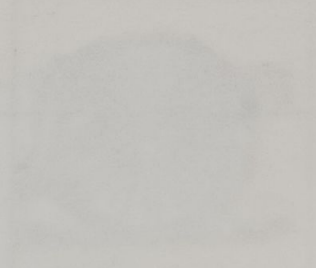
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Beverages, Microwave, Misc.



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BEVERAGES, MICROWAVE, MISCELLANEOUS

HOT BUTTERED RUM

- | | |
|------------------------|-----------------|
| 1 lb. butter | 1 tsp. cinnamon |
| 2 lb. dark brown sugar | 1 tsp. cloves |
| 3 beaten eggs | 1 tsp. nutmeg |
| 1 tsp. allspice | |

Melt butter and add everything, except the eggs. Stir; allow to cool. Add eggs and beat for ½ hour. Keep refrigerated. Makes 2 quart jars full.

To make each cup of hot buttered rum: Put 1 rounded teaspoon (to taste) of mix into a cup. Add 1 jigger of rum. Fill cup with hot water and stir with a cinnamon stick.

Pat Wilson (Jennifer Wilson)

AUNT THELMA'S CHRISTMAS COCOA

- | | |
|---|--|
| 1 (1 lb.) can instant cocoa (like Nestle Quik) | 1 (1 lb. 9 oz.) pkg. instant nonfat dry milk |
| 1 c. sifted powdered sugar | |
| 1 (7 oz.) jar coffee creamer (like Coffee-mate) | |

Mix thoroughly and store. Makes 4 quarts or 48 servings.

To serve: Add ⅓ cup (3 heaping teaspoons) to 8 ounces hot water. Add marshmallows or stir with peppermint stick.

Thelma Cramer (Lynanne Walker's great aunt)

MEXICAN COFFEE

- | | |
|-----------------------|--------------------|
| ½ c. cocoa (powdered) | 4 c. milk |
| ½ c. instant coffee | 1 Tbsp. cinnamon |
| ¼ c. sugar | 1 tsp. vanilla |
| 1 c. hot water | ½ c. whipped cream |
| 6 cinnamon sticks | |

Dissolve cocoa, coffee and sugar in water. In large saucepan, heat milk, cinnamon and vanilla to simmering. Add cocoa mixture. Beat in cream. Garnish with cinnamon sticks.

Judy Magnuson (Vicki Magnuson)

MOCK ORANGE JULIUS

- | | |
|--|---|
| ½ (6 oz.) can orange juice concentrate | ½ tsp. vanilla |
| ½ c. water | ¼ c. sugar or honey (can use less if desired) |
| ½ c. milk | 3 ice cubes |

Blend in blender for about 25 seconds.

Judy Russell (Tami Russell)

APRICOT CORDIAL

2 lb. dried apricots
3 c. sugar

1 fifth vodka

Place ingredients in a glass container. Seal and let stand 3 or 4 months. Drain and place in decanter.

Pat Wilson (Jennifer Wilson)

BANANA SPOON DRINK

2 bananas, sliced
½ c. cubed cantaloupe
Ginger ale or sparkling mineral water

1 c. hulled, sliced strawberries
4 scoops banana frozen yogurt

In a medium bowl, combine bananas, strawberries and cantaloupe. Spoon fruit into 4 tall glasses and top with a scoop of frozen yogurt. Fill glasses with ginger ale or sparkling mineral water and serve at once. Serves 4.

Judy Magnuson (Vicki Magnuson)

SPARKLING CRANBERRY PUNCH

3 c. cranberry juice, chilled
1 (750 ml) bottle white wine, chilled

1 (750 ml) bottle champagne, chilled

Pour cranberry juice and wine over ice mold into punch bowl. Carefully add pink champagne. Garnish with fresh strawberries if desired. Makes approximately 20 (4 ounce) servings.

D.K. Hudler (Nikki Butts)

CHAMPAGNE SHERBET PUNCH

1 (6 oz.) can frozen orange concentrate
2 (4/5 qt.) bottles white wine, chilled
2 (4/5 qt.) bottles champagne, chilled

1 to 2 qt. orange sherbet
Garnishes (mint sprigs or lime slices)

Place frozen orange juice in punch bowl. Pour in chilled wine. Stir well to blend. At serving time, pour in champagne; add sherbet by spoonfuls. Serve in punch cups, topped with mint sprigs or thin slices of lime. Makes about 40 punch cup servings.

Vary color and flavor by substituting rose wine for the white wine; use lemon sherbet.

D.K. Hudler (Nikki Butts)

CRANBERRY TEA

9 c. unsweetened pineapple juice
9 c. cranberry juice cocktail
4½ c. water
1 c. brown sugar

4½ tsp. whole cloves
4 sticks cinnamon, broken
¼ tsp. salt

Combine juices, water and sugar in 20 to 30 cup percolator coffee pot. Place spices and salt in basket. Perk and serve hot.

This is wonderful during the holidays!

Rosemary Standerfer (Lise' Standerfer)

GRASSHOPPERS

1 jigger green creme de menthe
1 jigger white creme de cacao

2 jiggers gin

Place all ingredients in blender; add vanilla ice cream until the blender is nearly full. Yield: 4 servings.

Lynne Harden (Heather Hudson's friend)

PINEAPPLE PUNCH

1 large can pineapple juice
4 tsp. almond extract
2 tsp. vanilla

Juice of 6 lemons or 1 c. ReaLemon
4 c. sugar

Mix together and pour into two 1 gallon containers filling each gallon with water (allow for freeze space) and freeze. Get out of freezer at least 4 to 5 hours before using. Mash up like slush. Color any color with food coloring. Makes 15 to 20 servings per gallon. Costs approximately \$1.50 per gallon to make. This recipe uses *no* ginger ale.

Cora Hartman (Heather Hartman)

HOT APPLE CIDER PUNCH

3 qt. apple cider
1 qt. cranberry juice cocktail

1/4 - 1/2 c. sugar

Put into electric coffee urn. In basket, place 3 oranges (pierce skin) and leave whole. Put in 6 cinnamon sticks, 16 whole cloves and 1 teaspoon allspice.

Cora Hartman (Heather Hartman)

SPAGHETTI SAUCE

2 lb. ground meat
1 large onion
1 bell pepper

2 cans tomatoes
3 cans tomato soup

Cook slowly for several hours. Season with salt, pepper, chili powder, and garlic salt.

Trisha Steffens (Stacy Steffens)

FLANK STEAK MARINADE

1 small bottle Kraft Italian dressing
5 oz. soy sauce

1 c. red wine
2 Tbsp. catsup

Mix all of the preceding together. Pour over steak; marinate overnight. Can be used on brisket or any cut of beef.

Diann Angelocci (Donna Angelocci)

SPINACH SALAD DRESSING

1 c. oil	2 Tbsp. sugar
5 Tbsp. red wine vinegar	Coarsely ground pepper
4 Tbsp. sour cream	2 Tbsp. chopped parsley
1½ tsp. salt	2 cloves crushed garlic
½ tsp. dry mustard	

Put in blender and refrigerate. Make 6 hours in advance. Serves 6 to 8.

Connie Wertz (Debbie Joy's aunt)

SPINACH SALAD DRESSING

½ c. sugar	½ medium onion, grated
⅓ c. ketchup	1 c. salad oil
¼ c. vinegar	Salt to taste
1 Tbsp. Worcestershire	

In a blender, combine all ingredients. Very slowly add oil; chill.

Connie Wertz (Debbie Joy's aunt)

SUE'S RAISIN SAUCE

½ c. raisins	1 tsp. flour
2 Tbsp. butter or margarine	¼ c. water
½ c. orange juice concentrate	2 tsp. brown sugar
1 tsp. corn starch	

Melt butter or margarine. Add brown sugar, flour and cornstarch. Stir well. Add raisins and orange juice. Add in water when it thickens. Bring to boil, stirring. Ready to serve over ham, etc.

Sue Walker (Lynanne Walker)

TOMATO-HORSERADISH SAUCE

1 c. ketchup	2 tsp. Worcestershire
½ c. mayonnaise	2 Tbsp. freshly squeezed lemon
2 Tbsp. horseradish	Several dashes of cayenne pepper

Combine all ingredients; chill and use as a dip for raw vegies or seafood. May be made a day or two ahead. Yields 1¾ cups. Double the recipe to serve 50.

Marie Hudson (Heather Hudson's aunt)

FLUFFY FROSTING

¾ c. sugar	3 Tbsp. water or juice
¼ c. Karo	2 egg whites
¼ tsp. salt	1 tsp. vanilla

Mix all ingredients, except vanilla. Let set about 5 minutes. Cook in double boiler, beating constantly until icing stands in peaks. Add vanilla.

Maxine Holmans (Stephanie Stowers' grandmother)

MERINGUE

3 egg whites
Dash of salt

1/2 jar marshmallow creme

Beat egg whites and salt until forms soft peaks. Gradually add marshmallow creme, beating until *stiff* peaks form. Spread over pie, sealing to edge of crust. Bake at 350° for 12 to 15 minutes or until lightly browned. Cool.

Maxine Holmans (Stephanie Stowers' grandmother)

GREEN RICE

Mix the following ingredients:

1/2 c. salad oil

1/2 lb. grated American cheese

1 can dried parsley

1 small onion

1 clove garlic

1 large can Carnation milk

1/2 chopped green pepper

Salt and pepper

This sounds horrible, but really wonderful. Place in casserole dish; bake in pan of water at 350° for 45 minutes to 1 hour.

Patty Foerster (Shannon Robertson's friend)

TWO MINUTE MICROWAVE FUDGE

1 (16 oz.) box powdered sugar

1/3 c. cocoa

1 tsp. vanilla extract

1 stick butter or margarine

1/4 c. milk

Combine all ingredients, except extract in bowl. Do not stir. Microwave on HIGH for 2 minutes. Add vanilla extract. Beat for 2 minutes or until thickened. Pour into 8 inch dish to cool. Cut into squares.

Janice Kimball (Kim Kimball)

MICROWAVE FUDGE

1 box powdered sugar

1 stick margarine, cut in pieces

1/4 c. cocoa

1/2 tsp. vanilla

3/4 - 1 c. pecans

1/4 c. milk

Place in microwavesafe bowl, powdered sugar, margarine, milk, and cocoa. Microwave on HIGH for 2 minutes. Beat with mixer. Add vanilla and pecans; mix well and pour in a waxed paper lined pan.

Kathy Wells (Julie Wells)

MICROWAVE CHOCOLATE MARSHMALLOW CRISPS

1 (12 oz.) pkg. milk chocolate chips

1 Tbsp. shortening

1 c. miniature marshmallows

1/2 c. chopped nuts

1/2 c. chopped dried apricots

2 c. Rice Krispies

Microwave chocolate chips and shortening in large bowl on HIGH for 2 to 3 minutes or until melted, stirring once. Add remaining ingredients, mixing well. Spread in buttered 8 inch square pan. Cut into 1 1/4 inch squares when cool. Store in covered container in refrigerator. Yield: 3 dozen.

Janice Kimball (Kim Kimball)

MEXI CASSEROLE (Microwave)

1 lb. ground beef
3/4 c. chopped onion
1/2 c. chopped celery
1 tsp. seasoned salt
1/2 tsp. pepper
1 1/2 tsp. chili powder
1 (12 oz.) can whole kernel corn,
drained

1 (15 oz.) can red kidney beans,
drained
1/2 c. sliced ripe olives
1 (8 oz.) can tomato sauce
1/2 c. shredded Cheddar cheese
1/2 c. coarsely crushed corn chips

Combine ground beef, onion and celery in a 2 1/2 quart casserole. Cover with heavy duty plastic wrap and microwave at HIGH for 5 to 7 minutes or until meat is done, stirring twice. Drain off drippings. Stir in the next 7 ingredients; microwave at HIGH for 4 to 5 minutes, giving dish a half turn after 3 minutes. Sprinkle with Cheddar cheese, then corn chips; microwave at 70% power for 1 minute or until cheese melts. Yields 6 servings.

Lynn Morris (Tiffany Morris)

MICROWAVE ENCHILADAS

Chili
Cheese

Onions
Tortillas

Soften corn tortillas in hot grease and drain on paper towels. Heat chili; grate cheese and chop onions. On a plate, place tortillas; add spoonful of chili, some cheese, and onions, and then roll up. Put 3 or 4 such rolls on plate. Put chili and cheese on top. Zap in microwave for 1 1/2 minutes or until cheese is melted and bubbling.

Ilo Hiller (Marla Hiller)

MICROWAVE BEAN SALAD

4 slices bacon, cooked
1/3 c. sugar
1 Tbsp. cornstarch
1 tsp. salt

1/8 tsp. pepper
1/2 c. vinegar (wine)
1 c. green beans
1 c. wax beans

Slice medium onion on top; crumble bacon on top. Mix this up; cover and heat 7 minutes. Pull out and stir up. Put back in microwave for 8 minutes.

Linda I. Pedro (Tiffany D. Pedro)

MICROWAVE LECHE QUEMADA

2 c. pecans, small or broken
1/2 c. margarine
2/3 c. brown sugar, packed

1 c. sweetened condensed milk
1 tsp. vanilla (preferably Mexican)

Roast pecans on a large glass plate on HIGH (100%) for 8 minutes. Stir and rearrange pecans at 2 minute intervals so pecans will not burn. Set aside.

In an 8 cup measure, melt margarine on HIGH (100%) for 1 minute. Stir in brown sugar and condensed milk. Microwave on HIGH for 7 minutes, stirring at 2 minute intervals so mixture will not burn. Beat until stiff. Add vanilla and roasted pecans. Mix together and spread in a greased 8 inch square dish. Chill; cut into squares and continue to chill until firm.

Leche Quemada means burned sugar milk candy.

Lillian Mueller (Traci Mueller)

ARTICHOKE DIP OR CANAPE FILLING (Microwave)

**2 cans artichoke hearts, drained
and finely chopped**

**8 oz. can Parmesan cheese
1 pt. mayonnaise**

Mix all ingredients in a 2 quart glass bowl. Microwave on HIGH for 5 to 8 minutes.

For canapes: Spoon into prepared miniature pastry cups and microwave 2½ minutes, until bubbly.

Linda Voelzel (Jana Jones)

Notes



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Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add $\frac{1}{4}$ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add $\frac{1}{4}$ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour $\frac{1}{2}$ cup of baking soda followed by a cup of vinegar down the drain . . . let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.



CALORIE COUNTER

Almonds:			
roasted in oil, salted, 9-10 nuts	62	pumpnickel, 1 slice	79
Apple butter, 1 tbsp.	33	raisin, 1 slice, 20 per loaf	60
Apple juice, canned or bottled, 1 cup	117	rye, light, 1 slice, 20 per loaf	56
Apples:		white, firm-crumble type, 1 slice, 20 per loaf	63
fresh, with skin, 1 average (2½" diameter)	61	whole wheat, firm-crumble type, 1 slice, 20 per loaf	56
dried, cooked, sweetened, ½ cup	157	Bread stuffing, mix, mixed with butter, water, ½ cup	250
dried, cooked, unsweetened, ½ cup	100	Broccoli:	
Applesauce, canned, sweetened, ½ cup	116	raw, 1 large spear	32
Applesauce, canned, unsweetened, ½ cup	50	boiled, drained, cut spears, ½ cup	20
Apricot nectar, canned or bottled, 1 cup	143	Brussels sprouts boiled, drained ½ cup	28
Apricots:		Butter, 1 Tbsp.	100
fresh, 3 average (12 per lb.)	55	Butter, whipped, 1 tbsp.	67
canned, 4 halves with 2 tbsp. heavy syrup	105	Cabbage:	
canned, water pack, ½ cup with liquid	38	red, raw, chopped or shredded, ½ cup	14
Asparagus:		white, raw, chopped or shredded, ½ cup	11
canned, drained, cut spears, ½ cup	25	Cake, mix, prepared as directed on package:	
frozen, 6 spears	23	angel food, without icing, 3½-oz. serving	269
Avocados, 3⅛" diameter	185	coffee cake, 3½-oz. serving	322
Bacon, fried, drained, 2 medium slices	86	devil's food, with chocolate icing, 3½-oz. serving	369
Bacon, Canadian, fried, drained, 1 slice	58	white, with chocolate icing, 3½-oz. serving	351
Bagel, egg or water, 1 medium (3" diameter)	165	yellow, with chocolate icing, 3½-oz. serving	365
Bamboo shoots, raw, cuts, ½ cup	21	Candies, 1-oz. serving:	
Bananas, 1 average	118	almonds, chocolate-covered	161
Bean sprouts, soy, raw, ½ cup	24	butter mints, after dinner (Kraft)	106
Beans, baked, canned:		butterscotch	112
with pork and tomato sauce, ½ cup	156	cherries, dark chocolate-covered (Welch's)	115
Beans, green or snap:		chocolate, milk	147
fresh, boiled, drained, cuts or French style, ½ cup	16	chocolate, semi-sweet	144
canned, with liquid, ½ cup	22	coconut, chocolate-covered	124
Beans, lima, immature seeds:		fudge, chocolate, with nuts	121
boiled, drained, ½ cup	95	gum drops	98
canned, with liquid, ½ cup	88	jelly beans	104
Beans, pea, navy, or white, dry, cooked, ½ cup	112	licorice (Switzer)	101
Beans, red kidney, canned, with liquid, ½ cup	115	Life Savers, all flavors except mint	111
Beef, choice grade cuts (without bone):		Life Savers, mint	108
brisket, lean only, braised, 4 oz.	253	mints, chocolate-covered	116
chuck, arm, lean only, pot-roasted, 4 oz.	219	marshmallows (Campfire)	100
club steak, lean only, broiled, 4 oz.	277	peanut brittle	119
flank steak, lean only, pot-roasted, 4 oz.	222	peanut cluster, chocolate-covered (Kraft)	151
ground, lean (10% fat), broiled, 4 oz.	248	raisins, chocolate-covered	120
porterhouse steak, lean only, broiled, 4 oz.	254	toffee, chocolate (Kraft)	111
rib, lean only, roasted, 4 oz.	273	Cantaloupe, fresh, ½ melon, 5" diameter	58
round steak, lean only, broiled, 4 oz.	214	Carrots:	
rump, lean only, roasted, 4 oz.	236	raw, 1 average	21
short plate, lean only, simmered, 4 oz.	253	boiled, drained, diced, ½ cup	23
sirloin steak, double-bone, lean only, broiled, 4 oz.	245	Catsup, tomato, bottled, 1 tbsp.	16
sirloin steak, round-bone, lean only, broiled, 4 oz.	235	Cauliflower:	
T-bone steak, lean only, broiled, 4 oz.	253	raw, flowerbuds, sliced, ½ cup	12
Beef, corned:		boiled, drained, flowerbuds, ½ cup	14
boiled, medium-fat, 4 oz.	422	Celery, raw, 1 outer stalk (8" long)	7
canned, lean, 4 oz.	211	Cereals:	
Beef and vegetable stew, canned, 4 oz.	90	All-bran, 1 cup	192
Beets:		bran, 100% (Nabisco), 1 cup	150
boiled, drained, sliced, ½ cup	33	bran flakes, 40%, 1 cup	106
Blackberries:		bran flakes with raisins, 1 cup	144
fresh, ½ cup	42	corn flakes, 1 cup	97
canned, juice pack, ½ cup with liquid	68	corn flakes, sugar coated, 1 cup	154
Blueberries:		Cream of Wheat, cooked, 1 cup	133
fresh, ½ cup	45	farina, quick-cooking, cooked, 1 cup	105
canned, water pack, ½ cup with liquid	47	oat flakes, (Post), 1 cup	165
Bologna, all meat, 4 oz.	315	oatmeal or rolled oats, cooked, 1 cup	132
Boysenberries:		rice, puffed, 1 cup	60
canned, water pack, ½ cup with liquid	45	wheat flakes, 1 cup	106
frozen, unsweetened, ½ cup	30	wheat, puffed, 1 cup	54
Braunschweiger (smoked liverwurst), 4 oz.	362	wheat, puffed, presweetened, 1 cup	132
Brazil nuts (3 large nuts)	90	wheat, shredded, 1 biscuit (2½" x 2" x 1¼")	89
Bread, commercial:		Cheese:	
Boston brown, 1 slice	101	American, processed, 1 oz.	105
cracked wheat, 1 slice, 20 per loaf	60	blue or Roquefort type, 1 oz.	104
French, 1 slice	44	brick, 1 oz.	105
Italian, 1 slice	28	cheddar, domestic, 1 oz.	113
		cottage, creamed, small curd, ½ cup	112

CALORIE COUNTER

cream, 1 tbsp.	52	Eclair, custard filled, with chocolate icing, 1 average	239
cream, whipped, 1 tbsp.	37	Eggnog, 8% fat (Borden's), 1/2 cup	171
Gouda, 1 oz.	108	Eggplant, boiled, drained, diced, 1/2 cup	19
Monterey Jack, 1 oz.	103	Eggs, chicken:	
Mozzarella, part-skim, 1 oz.	85	boiled or poached, 1 large egg	82
Muenster, 1 oz.	100	fried, with 1 tsp. butter, 1 large egg	99
Neufchatel (Borden's), 1 oz.	73	scrambled, with 1 tsp. butter, 1 large egg	111
Old English, processed, 1 oz.	105	Endive, raw, 10 small leaves	5
Parmesan, grated, 1 Tbsp.	23	Escarole, raw, 1 large leaf	4
pimiento, American, processed, 1 oz.	105		
Provolone, 1 oz.	99	Fat, vegetable shortening, 1 tbsp.	111
ricotta, moist, 1 oz.	45	Figs:	
Romano, 1 oz.	110	dried, 1 large fig (2" x 1")	57
Roquefort, 1 oz.	105	Fish cakes, fried, frozen, reheated, 4 oz.	306
Swiss, domestic, 1 oz.	104	Flour:	
Cheese food, American, processed, 1 oz.	92	all-purpose, sifted, 1 cup	419
Cherries:		buckwheat, dark, sifted, 1 cup	326
sweet, fresh, whole, 1/2 cup	41	cake or pastry, sifted, 1 cup	349
Cherries, maraschino, bottled, 1 oz. with liquid	33	rye, dark, unsifted, 1 cup	419
Chestnuts, fresh, 10 average	141	wheat, self-rising, sifted, 1 cup	405
Chicken:		Frankfurters, all-meat, 1 average (10 per lb.)	133
broiled, meat only, 4 oz.	154	Fruit cocktail, canned, water pack, 1/2 cup with liquid	46
roasted, dark meat, 4 oz., no skin	204	Fruit, mixed, frozen, sweetened, 4 oz.	125
roasted, light meat, 4 oz., no skin	207		
Chili, with beans, canned 1/2 cup	170	Gelatin dessert, flavored, prepared with water, 1/2 cup	71
Chili, without beans, canned, 1/2 cup	255	Gooseberries, fresh, 1/2 cup	30
Coconut:		Grape drink, canned, 1 cup	135
dried, sweetened, shredded, 1/2 cup	258	Grape juice, canned or bottled, 1 cup	167
Cod (meat only):		Grapes:	
broiled, with butter, fillets, 4 oz.	192	fresh (Concord, Delaware, etc.), 10	18
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276	fresh (Thompson seedless, etc.), 10	34
Coffee, prepared, plain, 1 cup	2	Grapefruit juice:	
Coleslaw, commercial, with mayonnaise, 1/2 cup	87	canned, sweetened, 1 cup	133
Cookies, commercial:		canned, unsweetened, 1 cup	101
brownies, from mix, with nuts and water, 1 oz.	114		
butter thins, 1 piece (2" diameter)	23	Haddock, fried, breaded fillets, 4 oz.	187
chocolate chip, 1 piece (2 1/4" diameter)	50	Halibut, fillets, broiled with butter, 4 oz.	194
coconut bar, 1 oz.	140	Halibut, frozen, steak, 4 oz.	254
fig bar, 1 average piece	50	Halibut, smoked, 4 oz.	254
gingersnaps, 1 piece (2" diameter)	29	Ham:	
graham cracker, plain, 1 piece (5" x 2 1/2")	55	boiled, packaged, 4 oz. (about 4 slices)	266
ladyfinger, 1 piece	40	fresh, medium-fat, roasted, 4 oz.	426
macaroon, 1 piece (2 3/4" diameter)	91	picnic, cured, medium-fat, roasted, 4 oz.	368
oatmeal with raisins, 1 piece (2 5/8" diameter)	59	canned, cured, lean only, roasted, 4 oz.	241
peanut sandwich, 1 piece (1 3/4" diameter)	58	canned, deviled, 4 oz.	398
shortbread, 1 average piece	37	Herring:	
vanilla wafer, 1 piece (1 3/4" diameter)	19	canned, plain, 4 oz. with liquid	236
Corn:		pickled, Bismark-type, 4 oz.	253
boiled, drained on cob, 1 ear (5" x 1 3/4")	70	smoked, hard, 4 oz.	340
boiled, drained, kernels, 1/2 cup	69	Hickory nuts, shelled, 4 oz.	763
canned, cream style, 1/2 cup	105	Honey, strained or extracted, 1 tbsp.	64
Corn chips (Fritos), 1 oz.	166	Honeydew melon:	
Crackers:		fresh, 1 wedge (2" x 7")	49
bacon-flavor, 1 oz.	127		
butter, round, 1 piece (1 7/8" diameter)	15	Ice cream:	
cheese, round, 1 piece (1 5/8" diameter)	17	hardened, rich, 16% fat, 1/2 cup	165
Melba toast, white, regular, 1 piece	15	soft-serve (frozen custard), 1/2 cup	167
Rye-Krisp, 1 piece (1 7/8" x 3 1/2")	21	Ice cream bar, chocolate coated, 3-oz. bar	162
saltines, 1 piece	12	Ice cream cone, sugar 1 cone	37
whole wheat, 1 oz.	114	Ice cream cone, waffle, 1 cone	19
Cranberry juice cocktail, canned or bottled, 1 cup	164	Ice milk, hardened, 5.1% fat, 1/2 cup	100
Cranberry sauce, canned, strained, 1/2 cup	202	Ice milk, soft-serve, 5.1% fat, 1/2 cup	133
Cream:		Ice milk bar, chocolate coated, 3-oz. bar	144
half and half, 1/2 cup	162		
sour, 1 tbsp.	26	Jams and preserves, all flavors, 1 tbsp.	54
whipping, light, 1/2 cup unwhipped	358	Jellies, all flavors, 1 tbsp.	49
whipping, heavy, 1/2 cup, unwhipped	419		
Cream substitute, non-dairy, dry, 1 tbsp.	33	Kale:	
Cucumber, with skin, 1 large (8 1/4" long)	45	fresh, leaves only, 4 oz.	80
		fresh, with stems, boiled, drained, 1/2 cup	16
Dates, domestic, 10 average	219	Knockwurst, 1 link (4" x 1 1/8" diameter)	189
Duck, domestic, roasted, meat only, 4 oz.	352	Kumquats, fresh, 1 average	12

CALORIE COUNTER

Lamb, retail cuts:		
chop, loin, lean only, broiled, 2.3 oz. with bone	122	
leg, lean and fat, roasted, boneless, 4 oz.	317	
shoulder, lean only, roasted, boneless, 4 oz.	233	
Leeks, raw, 3 average	52	
Lemon juice:		
fresh, 1 tbsp.	4	
Lemonade, frozen, diluted, 1 cup	107	
Lemons, fresh, 1 average (2 1/8" diameter)	20	
Lentils, whole, cooked, 1 cup	212	
Lettuce:		
iceberg, 1 leaf (5" x 4 1/2")	3	
romaine, 3 leaves (8" long)	5	
Limes, fresh, 1 average (2" diameter)	19	
Liverwurst, fresh, 4 oz.	348	
Lobster, cooked in shell, whole, 1 lb.	112	
Lobster, cooked or canned, meat only, cubed, 1/2 cup	69	
Macadamia nuts, 6 average nuts	104	
Macaroni, boiled, drained, 1/2 cup	96	
Macaroni and cheese, canned, 1/2 cup	114	
Mackerel, fresh or frozen, broiled with butter, 4 oz.	268	
Mangos, whole, 1 average (1 1/2 per lb.)	152	
Margarine, salted or unsalted, 1 tbsp.	102	
Marmalade, citrus flavors, 1 tbsp.	51	
Milk, chocolate, canned, with skim milk, 1 cup	190	
Milk, chocolate, canned, with whole milk, 1 cup	213	
Milk, cow's:		
whole, 3.5% fat, 1 cup	159	
buttermilk, cultured, 1 cup	88	
skim, 1 cup	88	
skim, partially, 1 cup	145	
canned, condensed, sweetened, 1 cup	982	
canned, evaporated, unsweetened, 1 cup	345	
dry, whole, 1 tbsp. dry form	35	
dry, nonfat, instant, 1 envelope (3.2 oz.)	327	
Milk, malted, beverage, 1 cup	244	
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130	
Mushrooms, raw, sliced, chopped or diced, 1/2 cup	10	
Mushrooms, canned, with liquid, 1/2 cup	21	
Mustard greens, boiled, drained, 1/2 cup	16	
Nectarines, fresh, 1 average (2 1/2" diameter)	88	
Noodles, chow-mein, canned, 1/2 cup	110	
Noodles, egg, cooked, 1/2 cup	100	
Oil, cooking or salad:		
corn, safflower, sesame or soy, 1 tbsp.	120	
olive or peanut, 1 tbsp.	119	
Olives, pickled, canned or bottled:		
green, 10 large (3/4" diameter)	45	
ripe, salt-cured, Greek style, 10 extra large	89	
Onions, mature:		
raw, 1 average (2 1/2" diameter)	40	
raw, chopped, 1 tbsp.	4	
Orange juice:		
fresh, California, Valencia, 1 cup	117	
fresh, Florida, Valencia, 1 cup	112	
canned, sweetened, 1 cup	130	
canned, unsweetened, 1 cup	120	
frozen, concentrate, unsweetened, diluted, 1 cup	112	
Oranges, fresh, 1 average	71	
Pancakes, prepared from mix as directed on package:		
plain and buttermilk, 4" diameter cake	61	
buckwheat and other flours, 4" diameter cake	54	
Papaya juice, canned, 1 cup	120	
Papayas, fresh, whole, 1 papaya (3 1/2" x 5 1/8")	119	
Peach nectar, canned, 1 cup	120	
Peaches:		
fresh, 1 average	38	
canned, in juice, 2 peach halves with 2 tbsp. juice	45	
dried, 1/2 cup	210	
Peanut butter, commercial, 1 tbsp.	94	
Peanuts:		
roasted, in shell, 10 nuts	105	
roasted, chopped, 1 tbsp.	52	
Pear nectar, canned, 1 cup	130	
Pears:		
fresh, Bartlett, 1 pear (2 1/2" diameter)	100	
canned, in heavy syrup, 1 pear half and 2 tbsp. syrup	71	
dried, 1/2 cup	241	
Peas, green:		
boiled, drained, 1/2 cup	57	
Peas, split, cooked, 1/2 cup	115	
Pecans:		
shelled, 10 large nuts	62	
chopped, 1 tbsp.	52	
Peppers, hot, chili:		
green, raw, seeded, 4 oz.	42	
green, chili sauce, canned, 1/2 cup	25	
red, chili sauce, canned, 1/2 cup	26	
Peppers, sweet, green:		
raw, fancy grade, 1 pepper (3" diameter)	36	
Peppers, sweet, red:		
raw, fancy grade, 1 pepper (3" diameter)	51	
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382	
Perch, white, raw, meat only, 4 oz.	134	
Pickle relish:		
hamburger (Heinz), 1 tbsp.	17	
sweet, 1 tbsp.	21	
Pickles, cucumber:		
dill, 1 large (4" long)	15	
sweet gherkins, 1 small (2 1/2" long)	22	
Pies, frozen:		
apple, baked, 3 1/8" arc (1/8 of 8" pie)	173	
cherry, baked, 3 1/8" arc (1/8 of 8" pie)	211	
coconut custard, baked, 3 1/8" arc (1/8 of 8" pie)	187	
Pimientos, canned, drained, 1 average	10	
Pineapple:		
fresh, sliced, 1 slice (3 1/2" diameter x 3/4")	44	
canned, heavy syrup, chunks or crushed, 1/2 cup	95	
canned, water pack, tidbits, 1/2 cup with liquid	48	
Pineapple juice, canned, unsweetened, 1 cup	138	
Pistachio nuts, chopped, 1 tbsp.	53	
Plums:		
damson, fresh, whole, 10 plums (1" diameter)	66	
canned, purple, 3 plums and 2 3/4 tbsp. liquid	110	
Popcorn:		
popped, plain, 1 cup	23	
popped, with oil and salt added, 1 cup	41	
Pork:		
Boston butt, lean only, roasted, 4 oz.	279	
chop, lean only, broiled, 4 oz. with bone	308	
loin, lean only, roasted, 4 oz.	288	
Potato chips, 10 chips (2" diameter)	114	
Potato sticks, 1/2 cup	95	
Potatoes, white:		
baked, in skin, 1 long	145	
boiled, in skin, 1 round	104	
fried, 1/2 cup	228	
frozen, hash brown, cooked, 1/2 cup	174	
mashed, with milk and butter, 1/2 cup	99	
Potatoes, sweet:		
baked, in skin, 1 average	161	
boiled, in skin, 1 average	172	
boiled, in skin, mashed, 1/2 cup	146	
candied, 1 piece (2 1/2" long x 2")	176	
Pretzels, commercial varieties:		
rods, 1 pretzel (7 1/2" long)	55	
twisted, 3-ring, 10 pretzels	117	
Prune juice, canned or bottled, 1 cup	197	
Prunes, dried, medium-size, 1 average	16	
Pumpkin, canned, 1/2 cup	41	
Radishes, raw, whole, 10 medium	8	
Raisins, seedless (1/2 cup)	210	

CALORIE COUNTER

Raspberries:

black, fresh, 1/2 cup	49
red, fresh, 1/2 cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, 1/2 cup with liquid	43
frozen, red, sweetened, 1/2 cup	123
Rhubarb, cooked, sweetened, 1/2 cup	191
Rice, cooked (hot):	
brown, long grain, 1/2 cup	116
white, long grain, 1/2 cup	112
white, parboiled, long grain, 1/2 cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, 7/8-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73

Salad dressings, commercial:

blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80

Salami:

cooked, 1 slice (4" diameter)	68
dry, 1 slice (3 1/8" diameter)	45
Salmon, smoked, 4 oz.	200

Sauces:

barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), 1/2 cup	35
Sauerkraut, canned, 1/2 cup with liquid	21

Sausages:

polish, 2.7 oz. sausage (5 3/8" long x 1" diameter)	231
pork, cooked, 1 link (4" long x 7/8" diameter)	62
pork, cooked, 1 patty (3 7/8" diameter x 1/4")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38

Sherbet, orange, 1/2 cup	130
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Shrimp:

fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37

Soft drinks:

cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97

Soup, canned, condensed, diluted with equal part water:

asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consommé, 1 cup	31
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consommé, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
clam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78

Spaghetti:

plain, boiled 8-10 minutes, drained, 1/2 cup	96
canned, in tomato sauce with cheese, 1/2 cup	95
canned, with meatballs in tomato sauce, 1/2 cup	129

Spinach:

boiled, drained, leaves, 1/2 cup	21
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Squash, summer:

scallop variety, boiled, drained, sliced, 1/2 cup	15
yellow, boiled, drained, sliced, 1/2 cup	14
zucchini, boiled, drained, sliced, 1/2	11

Squash, winter:

acorn, baked, 1/2 squash (4" diameter)	86
acorn, boiled, mashed, 1/2 cup	42
butternut, baked, mashed, 1/2 cup	70
butternut, boiled, mashed, 1/2 cup	50

Strawberries:

fresh, whole, 1/2 cup	28
canned, water pack, 1/2 cup with liquid	27

Sugar, beet or cane:

brown, 1/2 cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, 1/2 cup	385
granulated, 1 tsp.	15
powdered, unsifted, 1/2 cup	231
powdered, stirred, 1 tbsp.	31

Sunflower seed kernels, in hull, 1/2 cup	129
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Sunflower seed kernels, hulled, 1/2 cup	406
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Syrups:

chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53

Tangerines, fresh, 1 average (2 3/8" diameter)	39
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Tomato juice, canned or bottle, 1 cup	46
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Tomato juice cocktail, canned or bottled, 1 cup	51
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Tomato paste, canned, 1/2 cup	108
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Tomato puree, canned 1/2 cup	49
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Tomatoes, ripe:

raw, whole, 1 average (about 2 2/5" diameter)	20
canned, 1/2 cup with liquid	26

Toppings: dessert:

butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56

Tuna, canned:

in oil, solid pack or chunk style, drained, 1/2 cup	158
in water, all styles, with liquid, 4 oz.	144

Turkey:

dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, 1/2 cup	207

Turnip greens:

fresh, boiled in small amount water, drained, 1/2 cup	15
Turnips, boiled, drained, cubed, 1/2 cup	18

Vegetable juice cocktail, canned, 1 cup	41
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Vegetables, mixed, frozen, boiled, drained, 1/2 cup	58
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Waffles, baked from mix:

made with egg and milk, 1 round (7" diameter)	206
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Walnuts, 10 large nuts	322
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Watermelon, with rind, 1 wedge (4" x 8")	111
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Wheat bran, commercially milled, 4 oz.	242
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Wheat germ, toasted, 1 tbsp.	23
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Yogurt, plain:

partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140

QUALITY



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